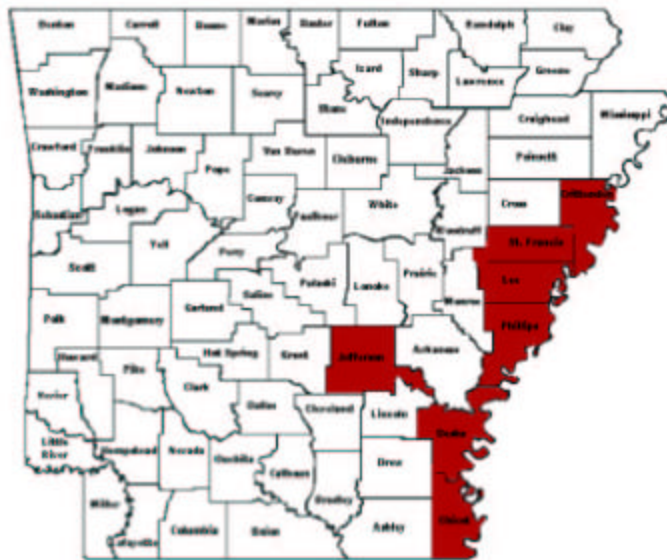


2002

Jefferson County Cardiovascular and Diabetes Risk Factor Survey



Coordinated by:
**Arkansas Department of Health
Center for Health Statistics
and
Arkansas Minority Health Commission**



2002 Jefferson County Cardiovascular and Diabetes Risk Factor Survey

February 2003

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An Introduction: 2002 Jefferson County Cardiovascular and Diabetes Risk Factor Survey

Why Study Cardiovascular and Diabetes Risk? ¹

According to the Center for Disease Control and Prevention, heart disease and stroke are, respectively, the first and third leading causes of death in Arkansas. Diabetes is the seventh leading cause of death in Arkansas. They are the principal causes of cardiovascular disease death and are also major causes of disability.

What are the Risk Factors? ²

Behavioral risk factors, which put people at increased risk for cardiovascular disease and that of diabetes overlap. They include:

- Physical Inactivity
- Poor Nutrition
- Overweight/Obesity

Additionally,

- High Blood Pressure
- High Blood Cholesterol
- Tobacco Use
- Diabetes

are risk factors for cardiovascular disease.

What is the BRFSS? ³

Survey questions summarized in this report are from the BRFSS. In the early 1980s, the Centers for Disease Control and Prevention worked with the states to develop the Behavioral Risk Factor Surveillance System. This state-based survey, the first of its kind, collected, analyzed and published information on the prevalence of risk behaviors among Americans and their perceptions of a variety of health issues.

This report includes the results of the administration of the cardiovascular module of the BRFSS. It also includes detail questions about the respondents' risk for and diagnoses of cardiovascular and related illness. Questions ask about the risk factors listed above and information provided by health professionals. In addition, the subsets of respondents diagnosed with diabetes are asked about their health habits.

¹ From the Centers for Disease Control and Prevention, About Cardiovascular Disease. <http://www.cdc.gov/cvh/aboutcardio.htm> Atlanta, Georgia.

² American Heart Association, *2002 Heart and Stroke Statistical Update*. Dallas: AHA, 2000.

³ From the Centers for Disease Control and Prevention, About the BRFSS. <http://www.cdc.gov/nccdphp/brfss/about.htm> Atlanta, Georgia.

Why Target the Delta for the Survey?⁴

The counties in the Arkansas Delta have been shown in previous studies to have the highest rates of death from cardiovascular disease in the state. Adults in these counties are at high risk of cardiovascular disease and the associated risk factors. They include high percentages of Black Arkansans living in poverty. Cardiovascular disease is the leading cause of death for Black males and females. Black Americans are more than twice as likely as White and Hispanic Americans to have been told they have diabetes.

Who Sponsored This Survey?

The supporters of this survey include the Arkansas Minority Health Commission and the following programs of the Arkansas Department of Health: Arkansas Cardiovascular Health Program, Arkansas Diabetes Control and Prevention Program, and the Tobacco Prevention Education Program.

How was the Delta Cardiovascular and Diabetes Risk Factor Survey Conducted?

During the Spring of 2002, 5,202 randomly selected adults from seven counties (Chicot, Crittenden, Desha, Jefferson, Lee, Phillips, St. Francis) in the Delta region of Arkansas answered a Delta Cardiovascular and Diabetes Risk Factor Survey. Interviews were conducted and supervised by trained telephone research interviewers at the University of Arkansas at Little Rock's Institute of Government. The data were weighted to be representative of the race, sex and age distribution of Arkansas or a specific county. All percentages presented in this report are rounded to the nearest whole percent. This report was compiled through a collaboration between The Arkansas Health Department and the University of Arkansas for Medical Sciences' Partners for Inclusive Communities.

Who Participated in the Delta Cardiovascular and Diabetes Risk Factor Survey?

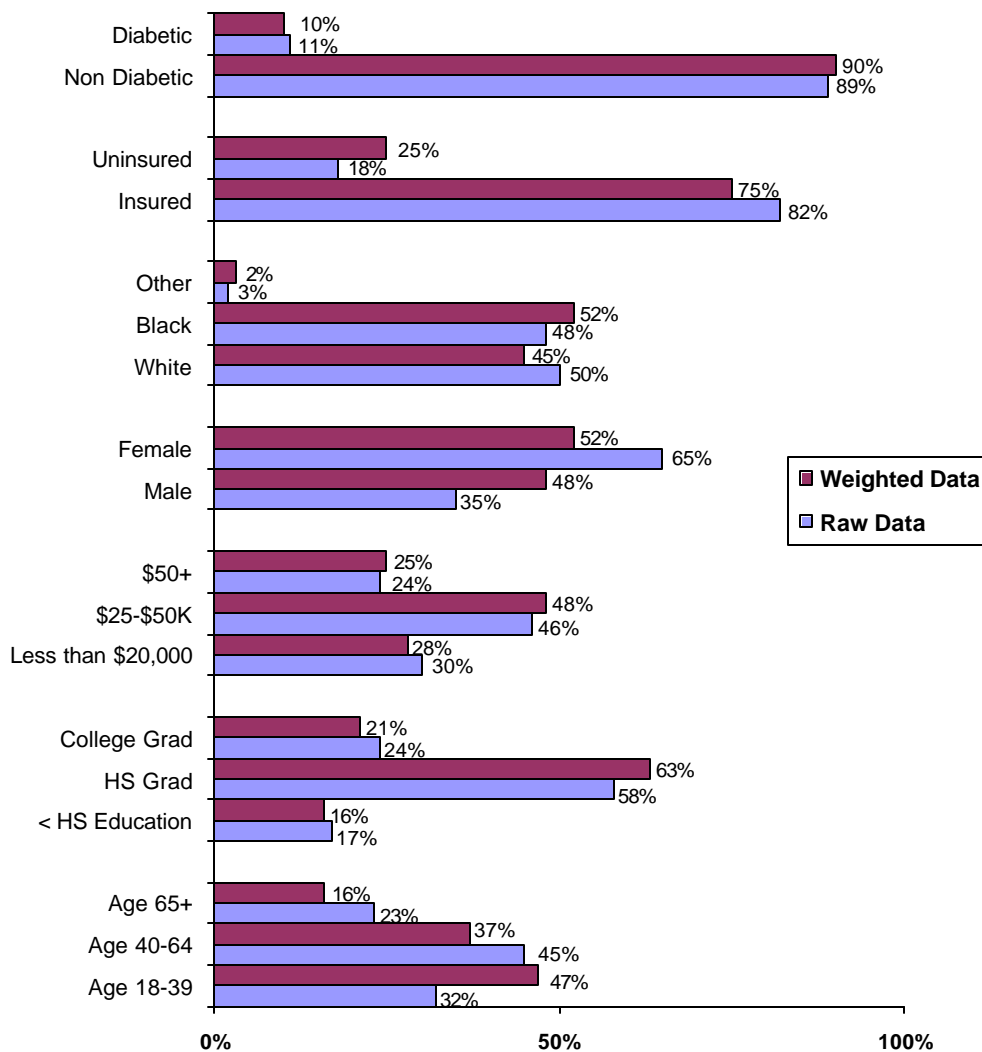
Of the 5,202 people who were interviewed, 2426 were white, 2676 were black, and 100 were Hispanic. The following table summarizes the participants by race and gender for each county included in this study.

County	White	Black	Men	Women	Total
Chicot	384	427	262	561	823
Crittenden	497	447	308	654	962
Desha	158	168	99	234	333
Jefferson	485	468	338	640	978
Lee	358	462	250	585	835
Phillips	247	381	189	443	632
St. Francis	297	323	220	419	639
Total State	2426	2676	1666	3536	5202

⁴ Centers for Disease Control and Prevention, Cardiovascular Branch. Interactive Maps of Cardiovascular Disease Mortality. <http://www.cdc.gov/cvh/> . Accessed January 25, 2003.

The following chart summarizes the demographics of the survey participants in Jefferson County as both raw numbers and as weighted data. All other data presented in the report are based on the weighted data.

Demographics of Participants



For More Information About the
Delta Cardiovascular and Diabetes Risk Factor Survey

For more information about the Delta Cardiovascular and Diabetes Risk Factor Survey or analysis of the survey data, please contact:

Linda Faulkner, Program Coordinator
Cardiovascular Health Program
Arkansas Department of Health
4815 W. Markham Street, Slot 11
Little Rock, AR 72205
lfaulkner@HealthyArkansas.com

General Health Risks

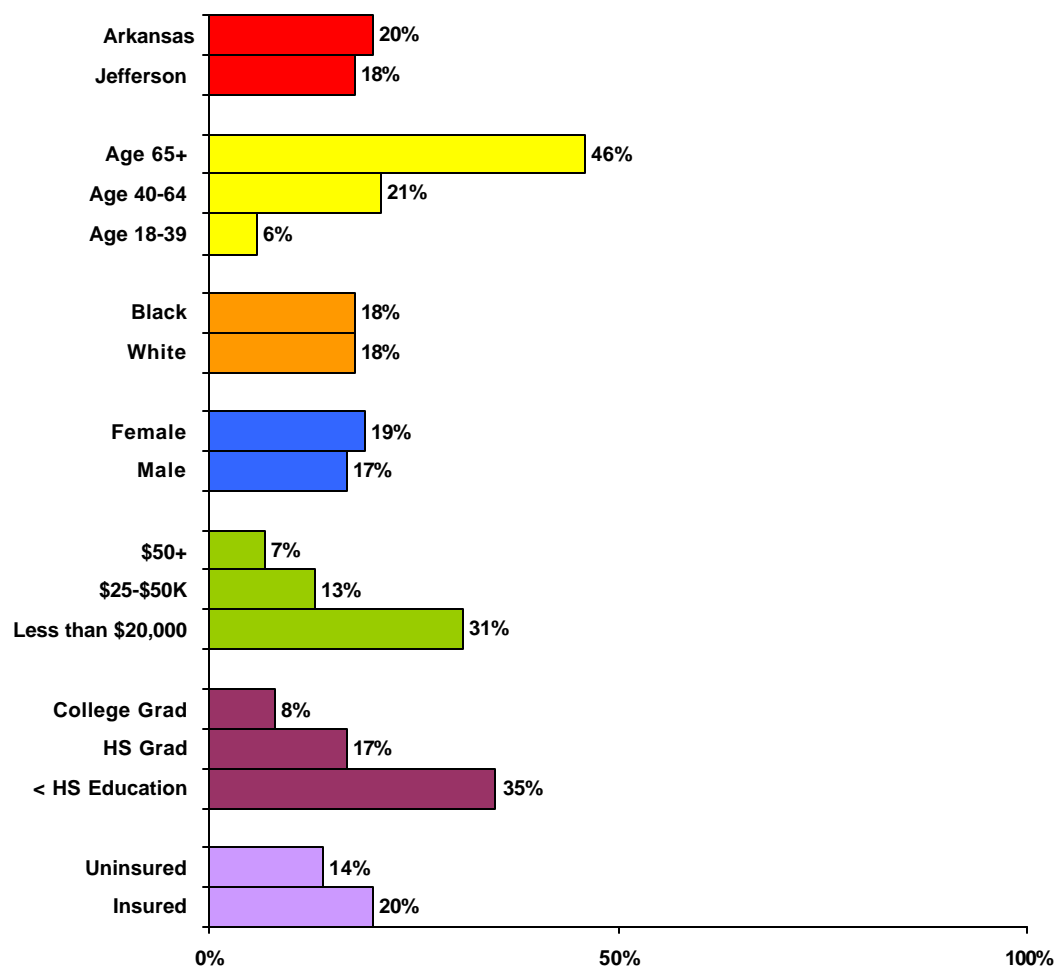
Health Status

Question: Would you say that your health is "excellent," "very good," "good," "fair," or "poor"?

At Risk: Those who answer "fair" or "poor" are considered at risk.

| Eighteen percent of respondents in Jefferson County reported general health as being

Reported General Health As Fair or Poor



fair or poor.

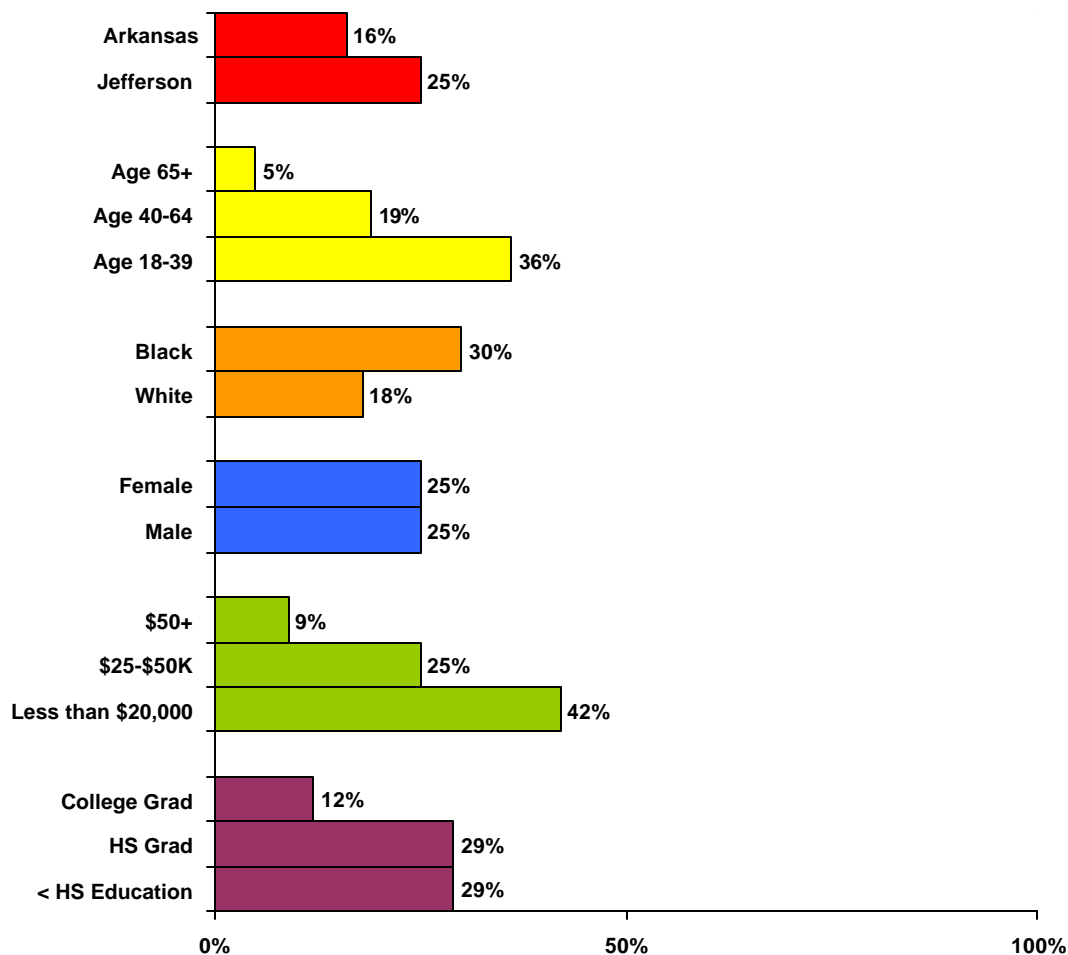
Health Insurance

Question: Do you have any kind of health care coverage including health insurance, pre-paid plans such as HMO's, or government plans such as Medicare?

At Risk: Those who have no health care coverage are considered at risk.

Twenty-five percent of respondents in Jefferson County reported not having health insurance.

Reported No Health Insurance



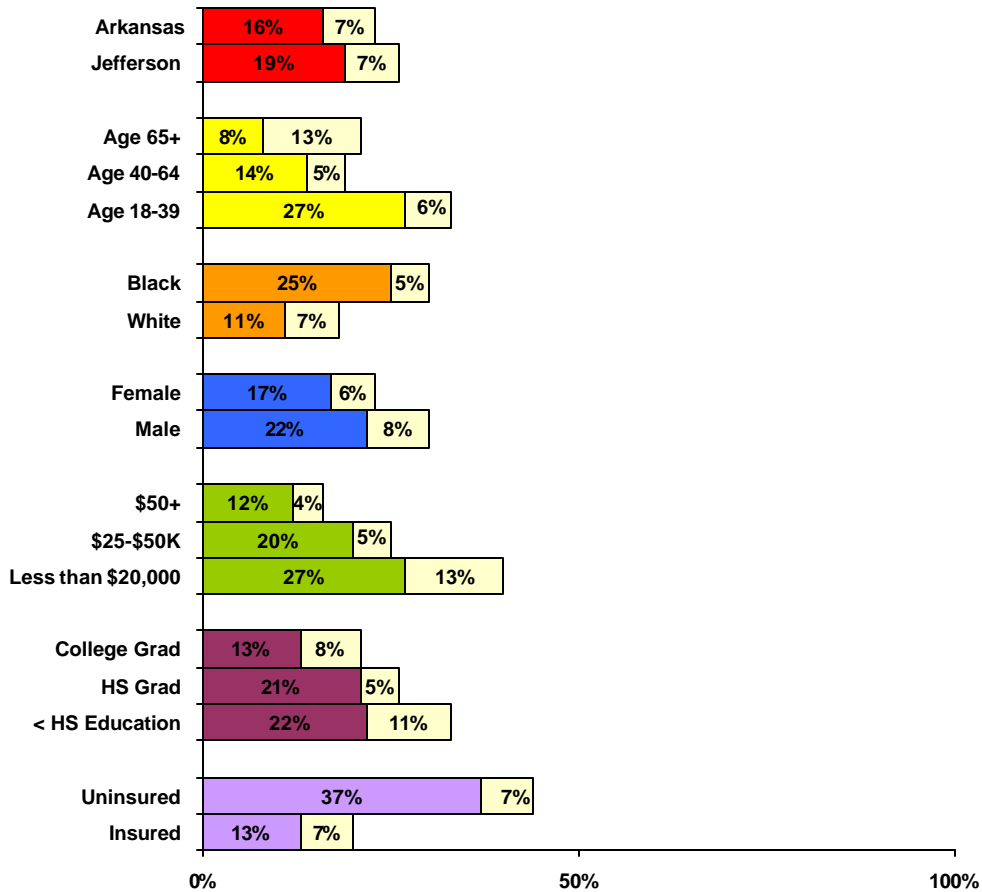
Health Care Provider

Question: Do you have one person you think of as your personal doctor or health care provider?

At Risk: Those who have no or more than one health care provider are considered at risk.

Twenty-six percent of respondents in Jefferson County reported not having one person thought of as personal doctor or provider. The left bars (color) represent those respondents who have no doctor or provider. The right bars (solid cream) represent those respondents with more than one doctor or provider.

Reported No or More Than One Doctor or Provider



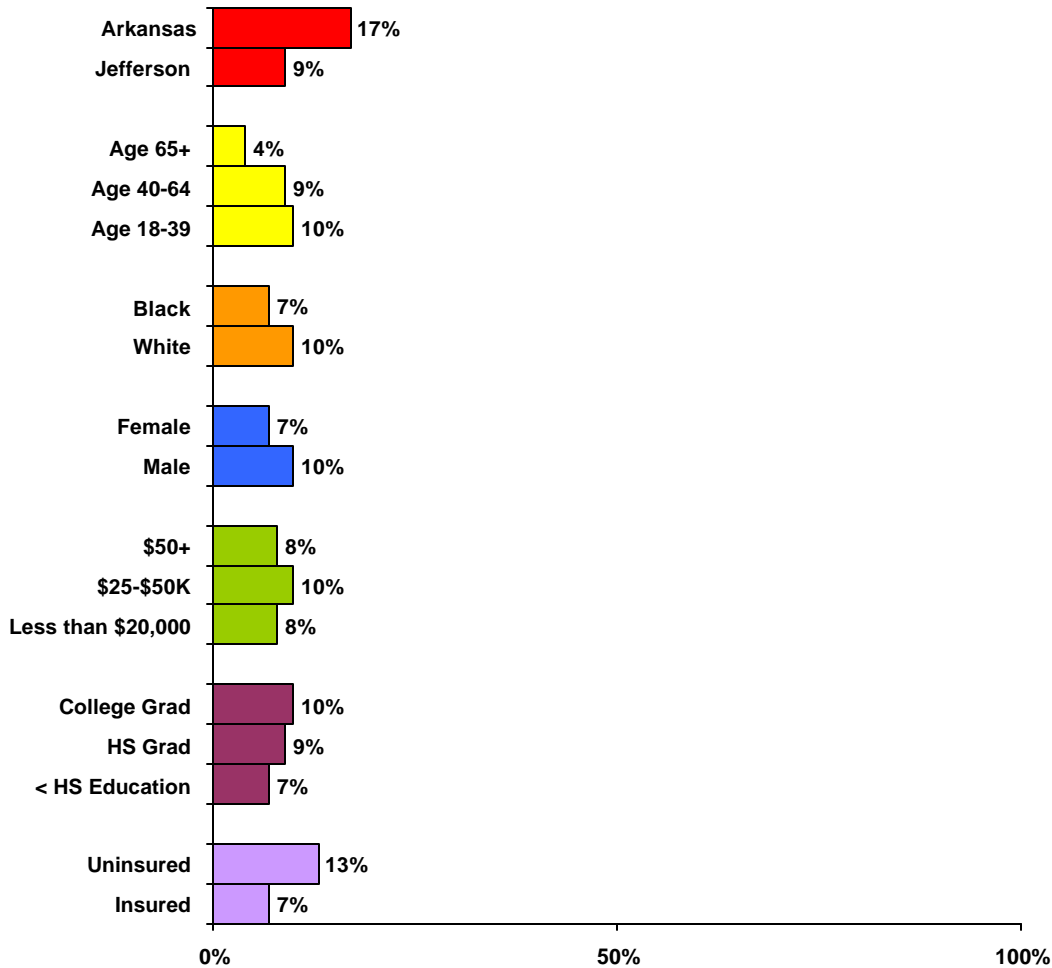
Routine Checkup

Question: About how long has it been since you last visited a doctor for a routine checkup?

At Risk: Those who have not had a routine checkup in the past two years are considered at risk.

Nine percent of respondents in Jefferson County reported not having a routine checkup in the past two years.

Did not Report a Routine Checkup in Past Two Years



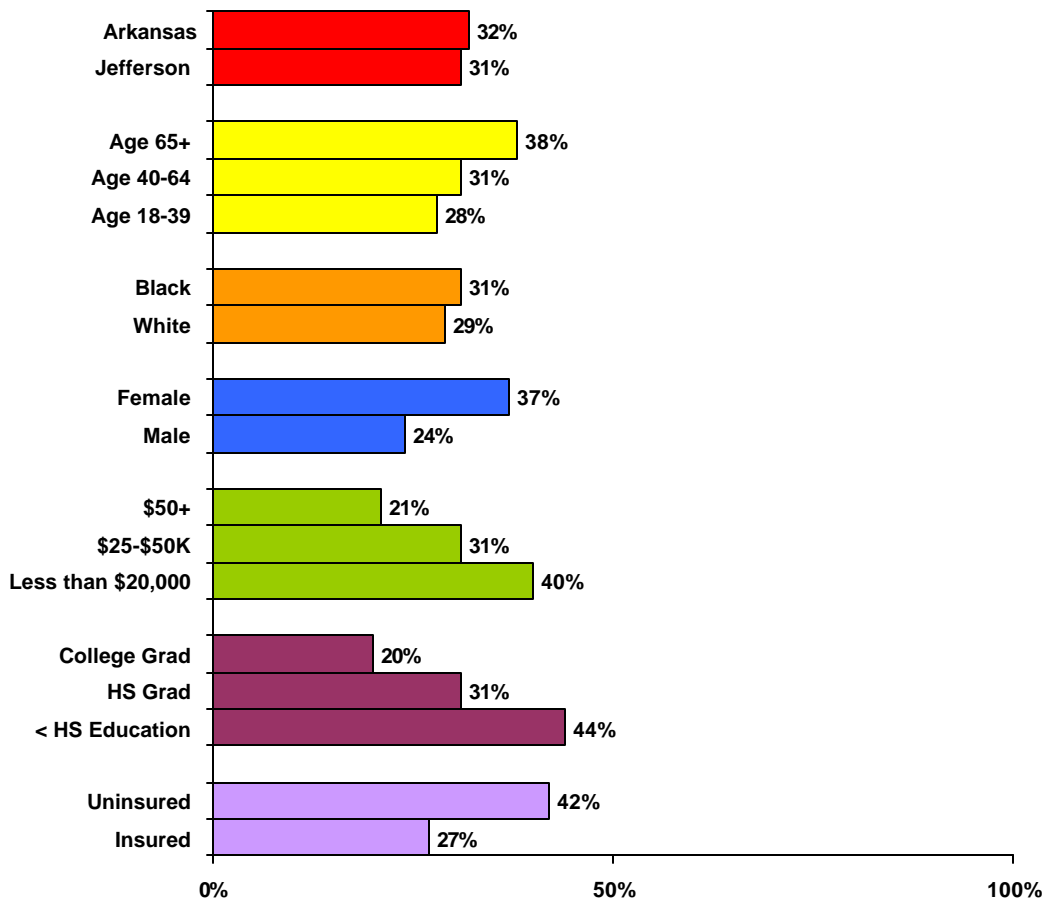
Physical Activity

Question: During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

At Risk: Those who have not participated in physical activities are considered at risk.

Thirty-one percent of respondents in Jefferson County reported not participating in any physical activity in the past month.

Reported No Physical Activity in Past Month



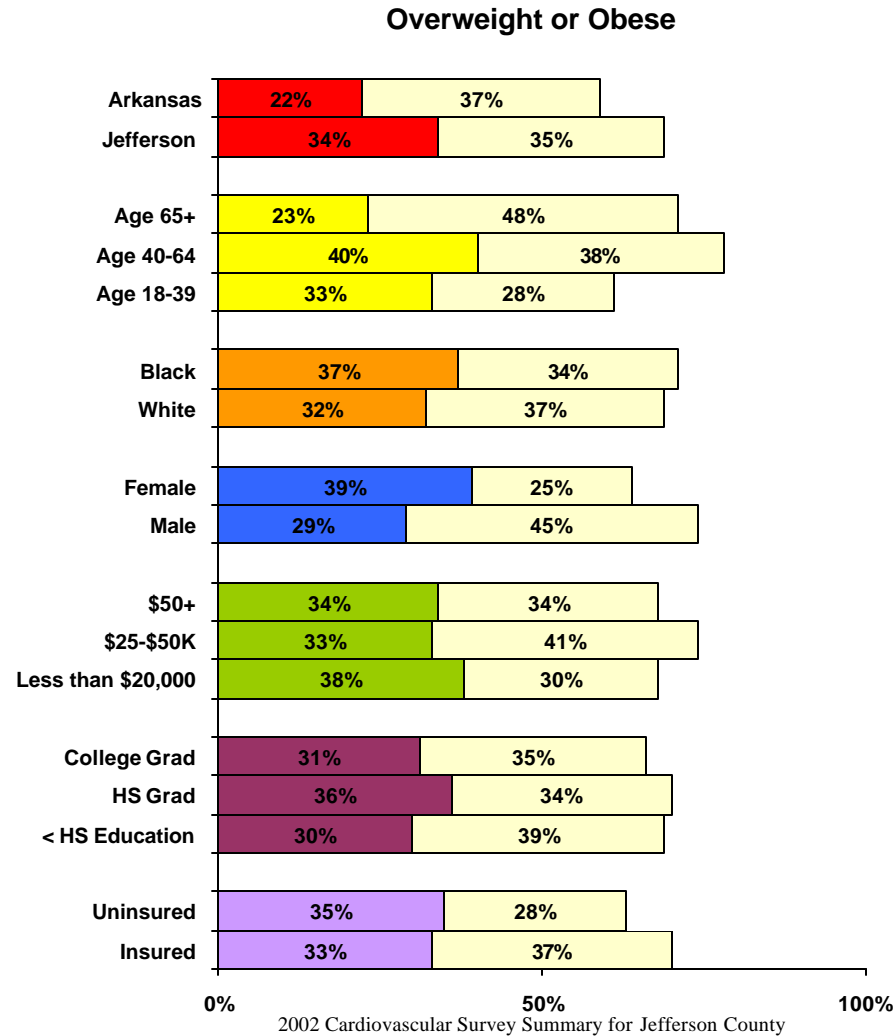
Overweight or Obese

Question 1: About how much do you weigh without shoes?

Question 2: About how tall are you without shoes?

At Risk: Those with a Body Mass Index (BMI) of greater than 25.0 (overweight) or greater than 30 (obese) are considered at risk.

Sixty-nine percent of respondents in Jefferson County considered overweight or obese. BMI is ratio of weight to height (i.e. $BMI = \text{Weight in KG} / (\text{Height in M})^2$). The left bars (color) represent those respondents who are obese. The right bars (solid cream) represent those respondents who are overweight.



Overweight or Obese

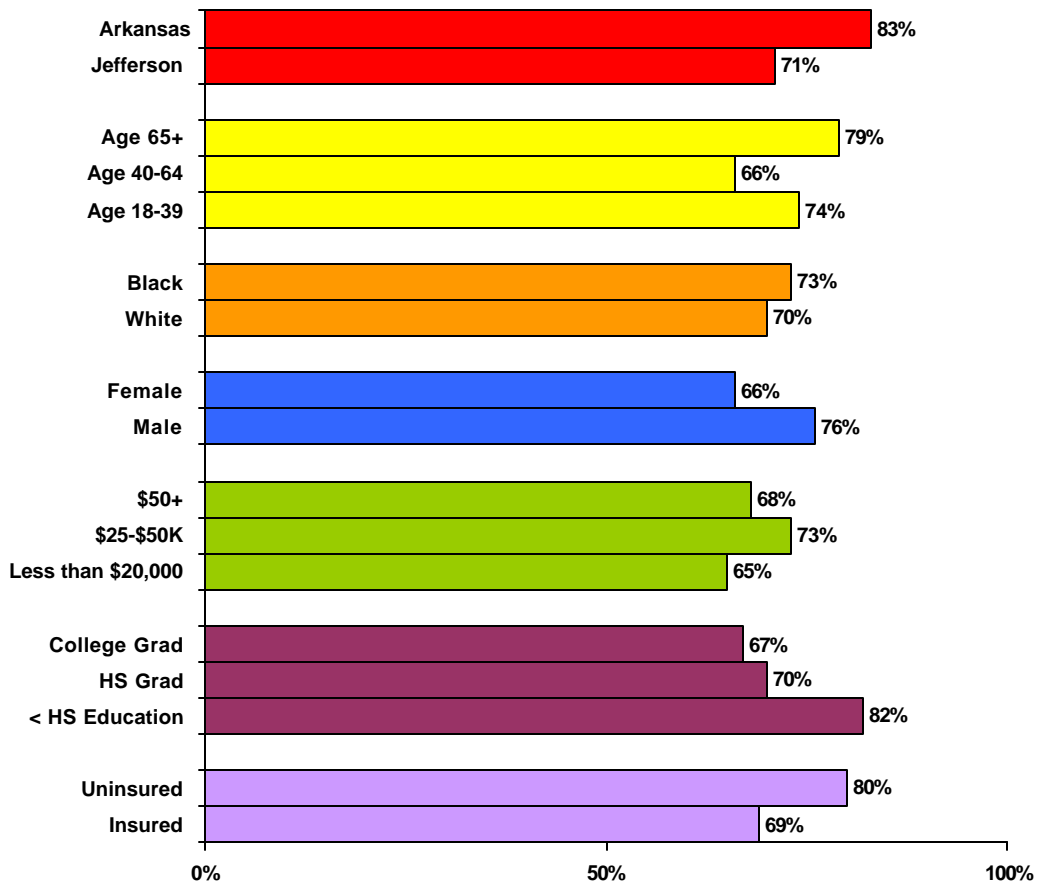
Advised by Health Professional to Lose Weight in Past Year

Question: In the past 12 months, has a doctor, nurse, or other health professional given you advice about your weight?

At Risk: Those identified as overweight or obese, but not advised to lose weight, are considered at risk.

Seventy-one percent of overweight or obese respondents in Jefferson County reported not being advised by a health professional to lose weight.

Professional Did Not Advise to Lose Weight



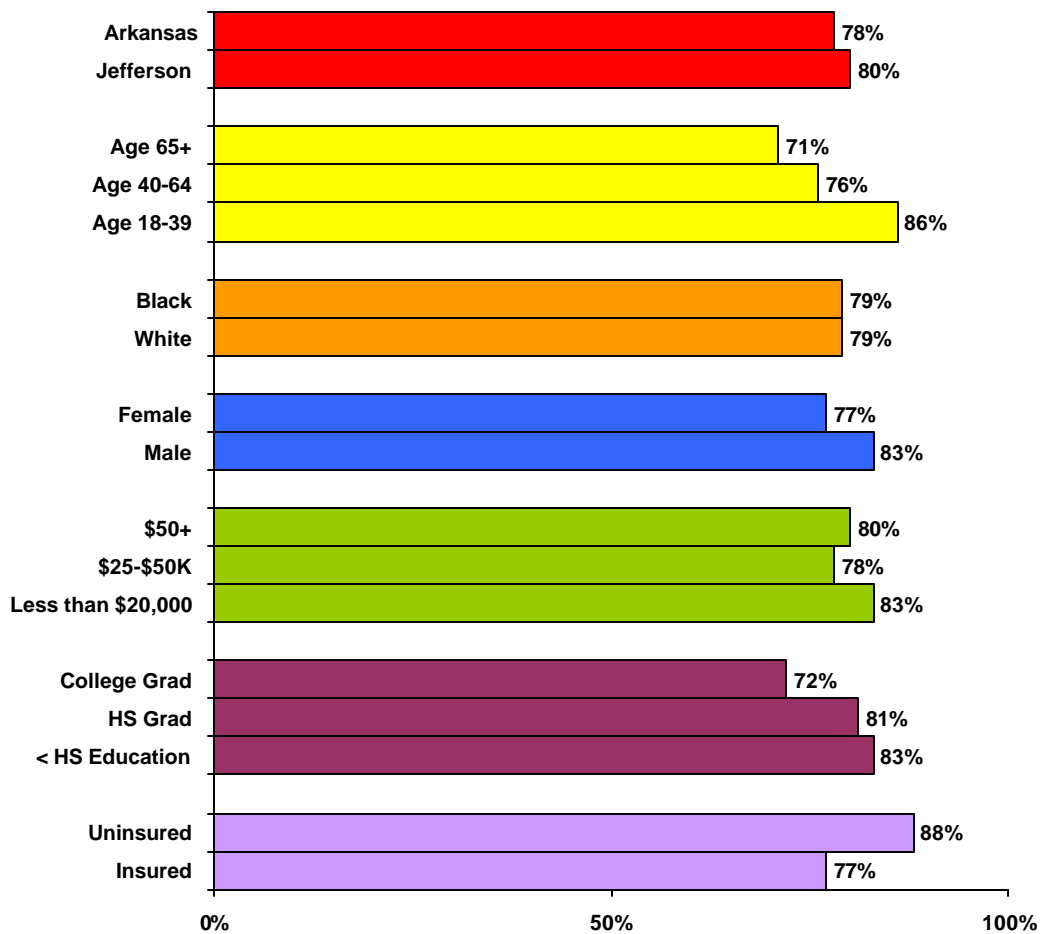
Nutrition

Question: How often do you eat fruits or vegetables? (See Appendix for question details).

At Risk: Those who report eating less than 5 fruits and vegetables a day are considered at risk.

Eighty percent of respondents in Jefferson County reported eating less than 5 fruits and vegetables a day.

Did Not Report Eating Five Fruits and Vegetables



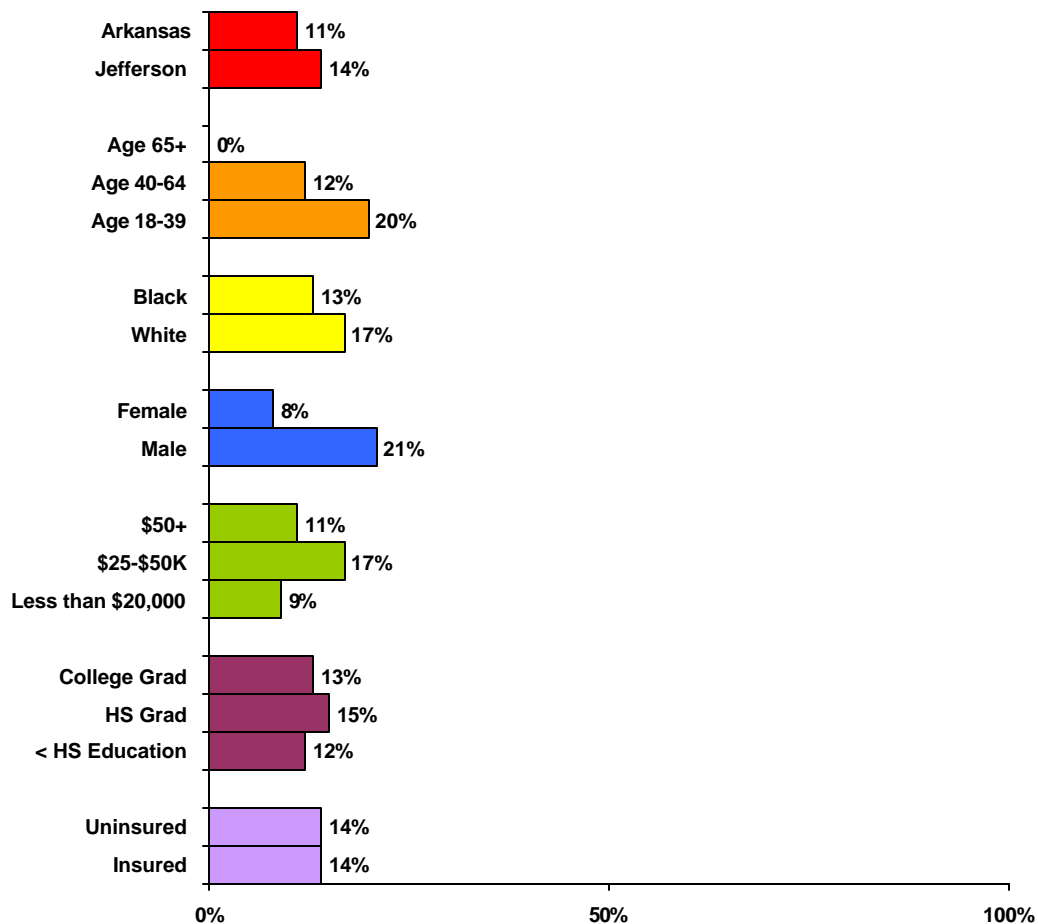
Binge Drinking

Question: Considering all types of alcoholic beverages, how many times during the past 30 days did you have 5 or more drinks on an occasion?

At Risk: Those who report binge drinking one or more times in the past month are considered at risk.

Fourteen percent of respondents in Jefferson County reported having 5 or more alcoholic drinks on one or more occasions in past month.

Reported Binge Drinking One or More Times in Past Month



Cigarette Smoking

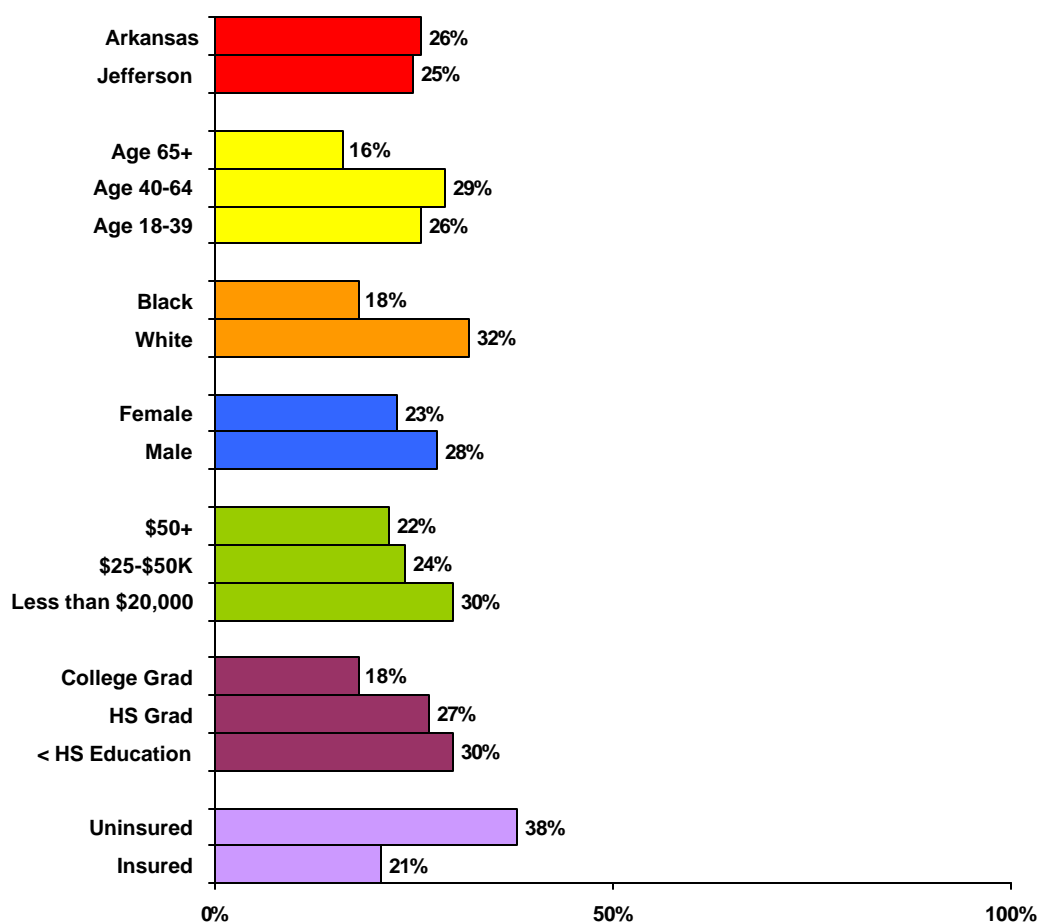
Question 1: Have you smoked at least 100 cigarettes in your entire life?

Question 2: Do you now smoke cigarettes "every day," "some days," or "not at all"?

At Risk: Those who answer they had smoked at least 100 cigarettes in their lifetime and currently smoke "everyday" or "some days" are considered at risk.

Twenty-five percent of respondents in Jefferson County were current smokers. That is, they reported smoking at least 100 cigarettes in entire life and smoke cigarettes everyday or some days.

Current Smokers



Current Smokers

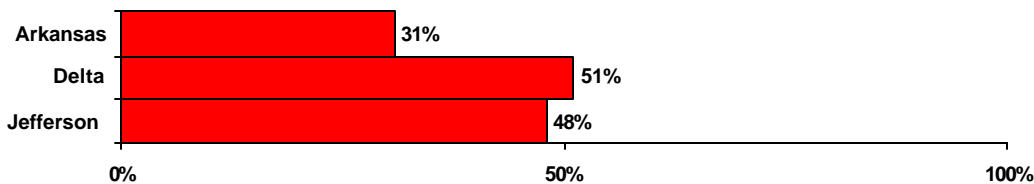
Advised by Health Professional to Quit Smoking in Past Year

Question: In past 12 months, has a doctor, nurse, or other health professional advised you to quit smoking?

At Risk: Current smokers who have not been advised to quit smoking are considered at risk.

Forty-eight percent of current smokers in Jefferson County reported not being advised by a health professional to quit smoking in past year. Respondents smoked everyday or some days and had seen a health professional in the past year.

Current Smoker Not Advised by a Health Professional to Quit



Respondents over 65 years

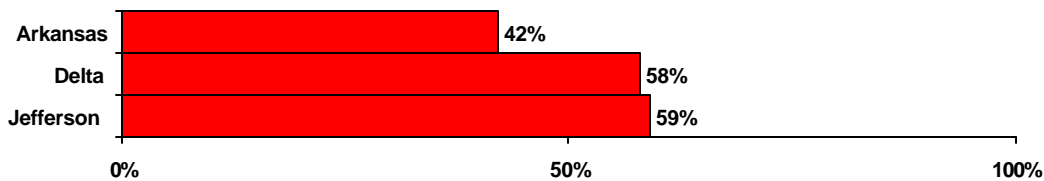
Pneumonia Shot

Question: Have you ever had a pneumonia shot?

At Risk: Those who are 65 years of age or older and have not had a pneumonia shot are considered at risk.

Fifty-nine percent of respondents older than 65 in Jefferson County reported never having had a pneumonia shot.

Reported Being > 65 Years Old and Never Having Had a Pneumonia Shot



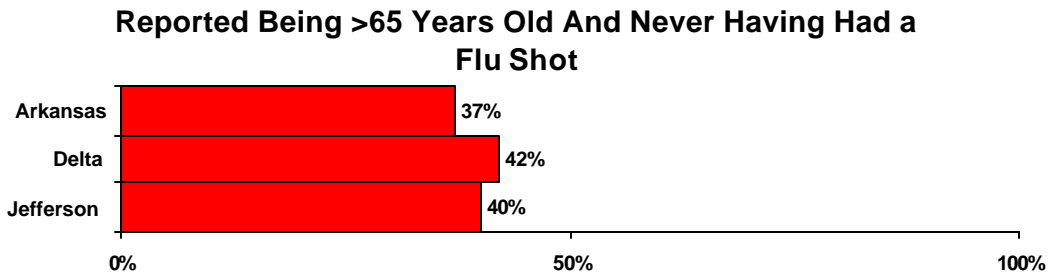
Respondents over 65 years

Flu Shot

Question: Have you ever had a flu shot?

At Risk: Those who are 65 years of age or older and have not had a flu shot are considered at risk.

Forty percent of respondents older than 65 in Jefferson County reported never having had a flu shot.



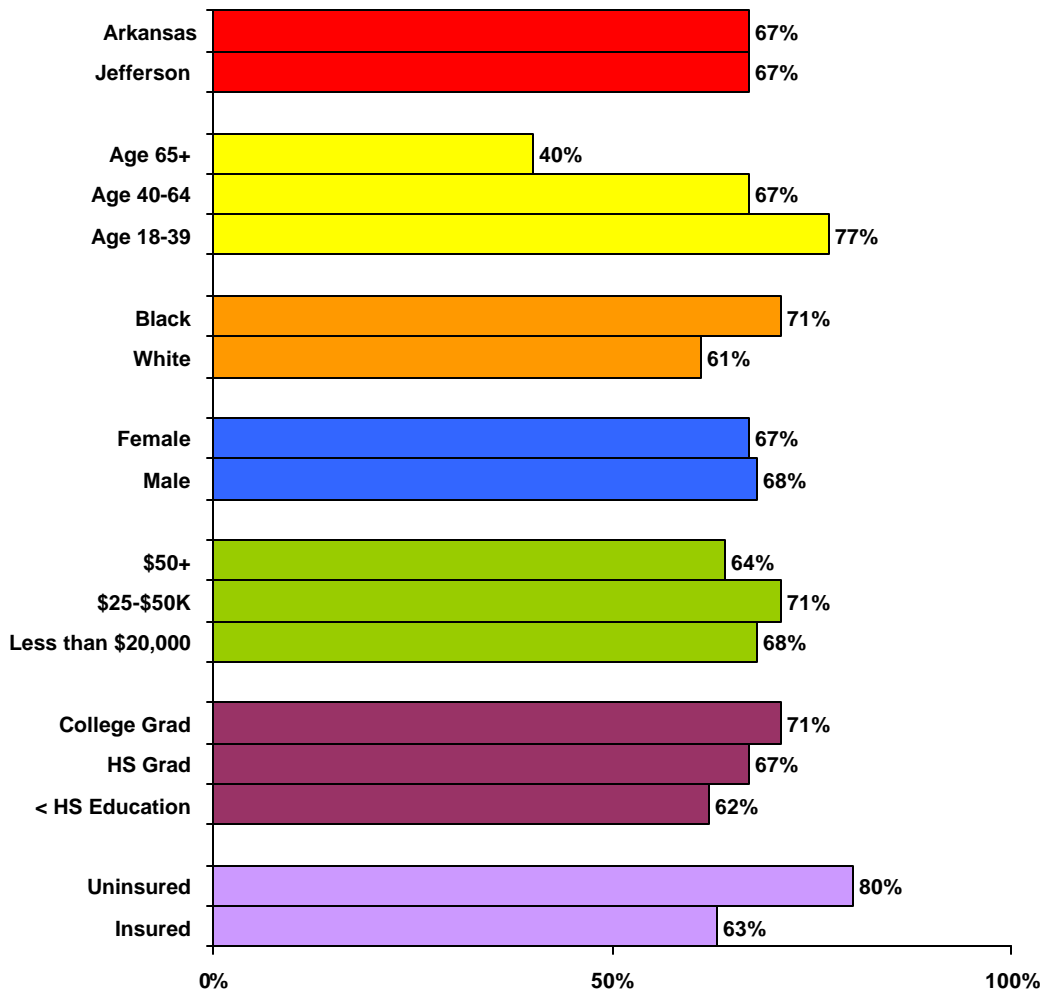
Flu Shot in Past Year

Question: During the past 12 months, have you had a flu shot?

At Risk: Those who answer "no" are considered at risk.

Sixty-seven percent of respondents in Jefferson County reported not having had a flu shot in past year.

Reported No Flu Shot in Past Year



Diabetes Related Health Risks

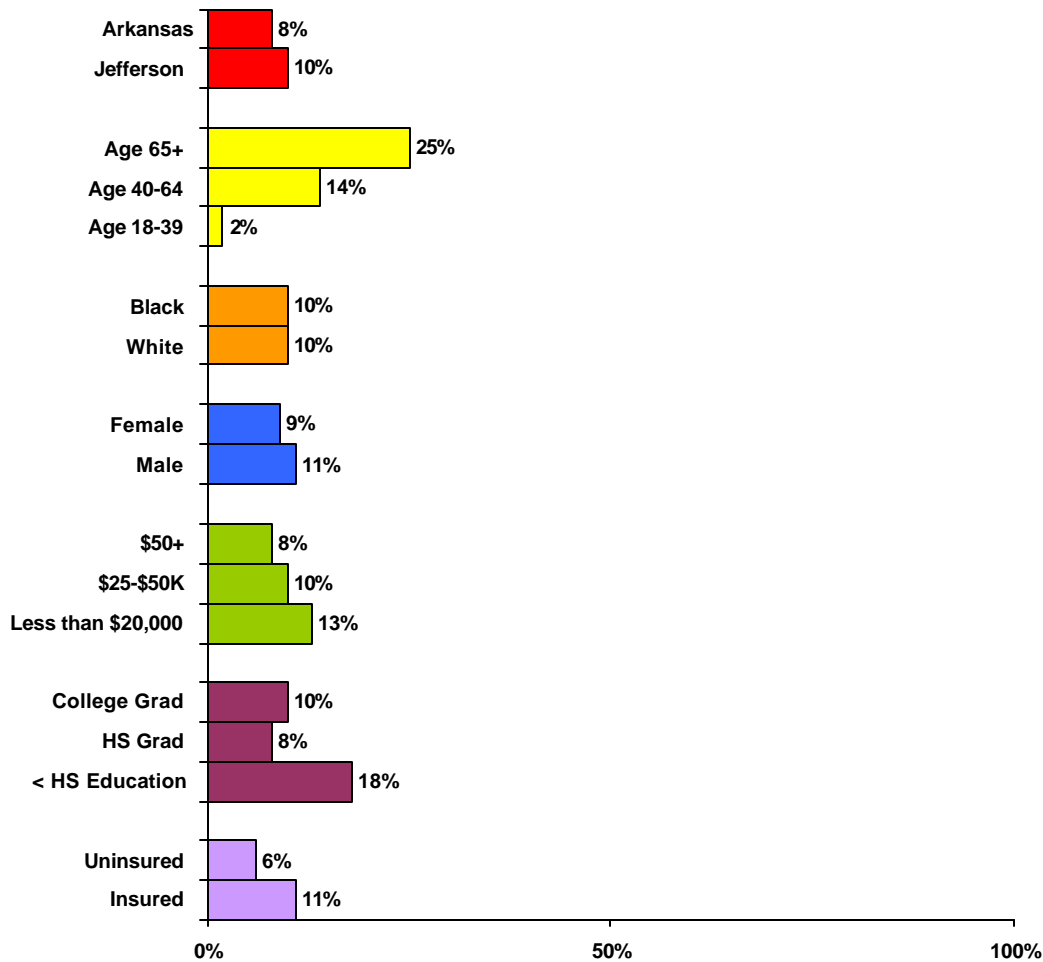
Diabetes

Question: Have you ever been told by a doctor that you have diabetes?

At Risk: Those who answer "yes" are considered at risk.

Ten percent of respondents in Jefferson County reported being told by a doctor they have diabetes.

Reported Diabetes

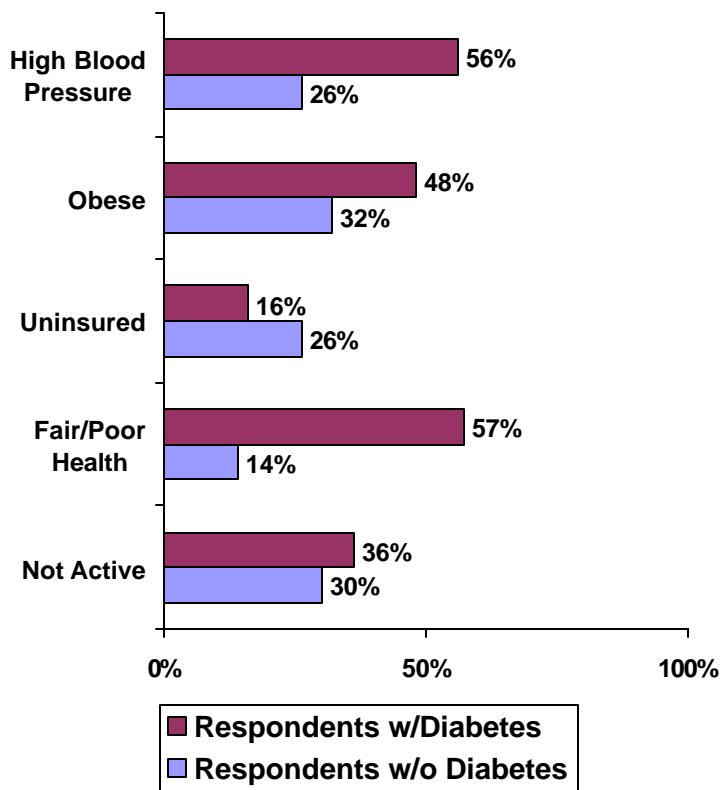


Respondents with Diabetes

Comparisons of Respondents with Diabetes and Those Without Diabetes

The rate of diabetes in the seven counties included in this study ranged from 8% to 12% (see Comparisons across the Delta, Arkansas and Counties section of this publication). Because of the special health care needs of adults with diabetes, responses to the following questions were compared between respondents with diabetes and those without diabetes: High Blood Pressure, Obesity, Health Insurance, Self Rating on Health Status, and Level of Activity.

Comparisons of Respondents with Diabetes and Those Without Diabetes



Respondents with Diabetes

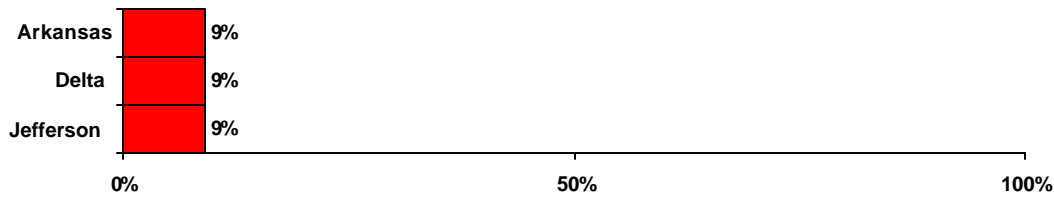
Seen by Health Professional in Past Year

Question: About how many times in the past 12 months have you seen a doctor, nurse, or other health professional for your diabetes?

At Risk: Those respondents who have diabetes and have seen a health professional less than one time in the last year are considered at risk.

Nine percent of respondents with diabetes in Jefferson County reported not seeing a health professional for diabetes in past year.

Reported Not Seeing A Health Professional in Past Year



Respondents with Diabetes

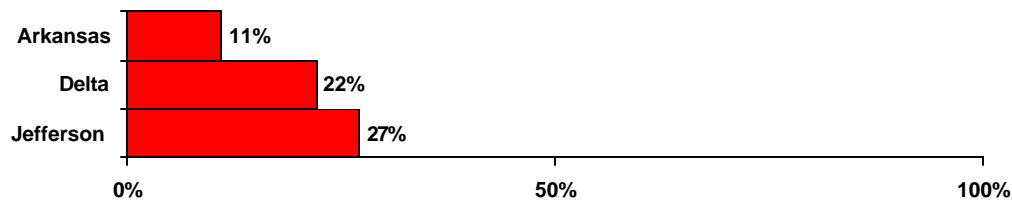
Blood Glucose Check

Question: About how often do you check your blood for glucose or sugar?

At Risk: Those respondents who have diabetes and never check their blood glucose or sugar are considered at risk.

Twenty-seven percent of respondents with diabetes in Jefferson County reported never checking their blood glucose or sugar.

Reported Never Checking Blood Glucose



Respondents with Diabetes

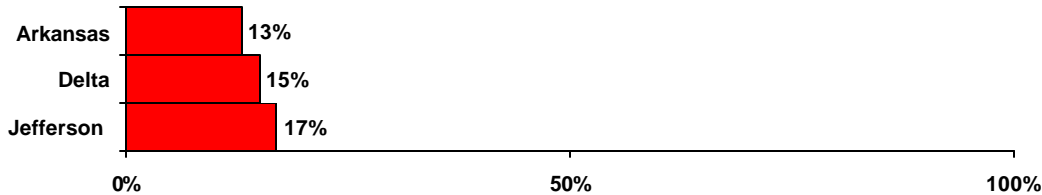
Feet Check

Question: About how often do you check your feet for any sores or irritations?

At Risk: Those respondents who have diabetes and never check their feet for sores and irritations are considered at risk.

Seventeen percent of respondents with diabetes in Jefferson County reported never checking their feet for sores or irritations.

Reported Never Checking Feet



Respondents with Diabetes

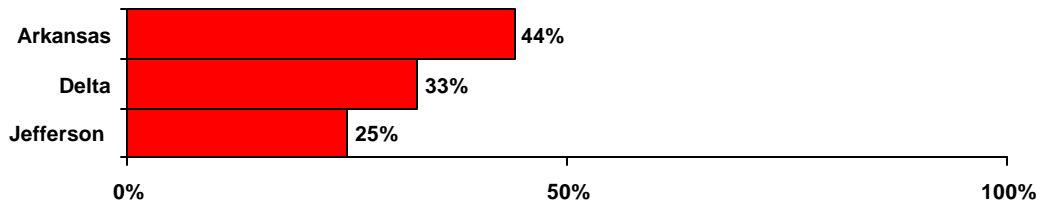
Feet Check by Health Professional in Past Year

Question: About how many times in the past 12 months has a health professional checked your feet for any sores or irritations?

At Risk: Those respondents who have diabetes and has a health professional check their feet less than once a year are considered at risk.

Twenty-five percent of respondents with diabetes in Jefferson County reported not having feet checked by health professional in past year.

Reported No Professional Feet Checked in Past Year



Respondents with Diabetes

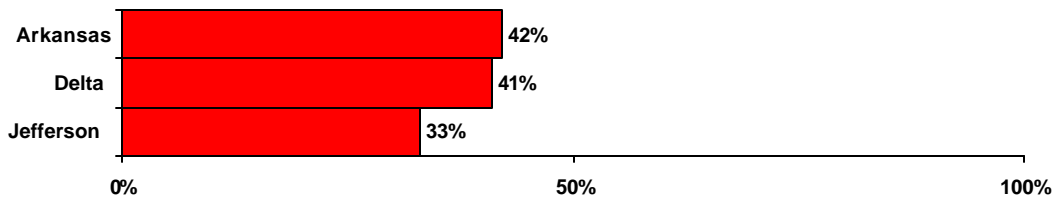
Hemoglobin A1C Check by Health Professional

Question: About how many times in the past 12 months has a doctor, nurse, or other health professional checked you for Hemoglobin A1C?

At Risk: Those respondents who have diabetes and have Hemoglobin A1C checked less than twice per year are considered at risk.

Thirty-three percent of respondents with diabetes in Jefferson County reported not having hemoglobin A1C checked by health professional in past year.

Health Professional Not Check Hemoglobin A1C Twice in Past Year



Respondents with Diabetes

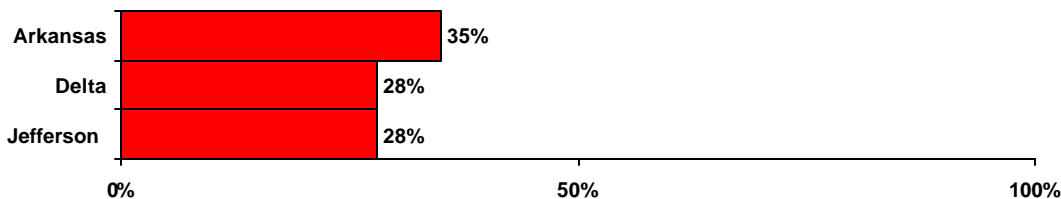
Eye Exam

Question: When was the last time you had an eye exam in which the pupils were dilated?

At Risk: Those respondents who have diabetes and report no eye exam in the past year are considered at risk.

Twenty-eight percent of respondents with diabetes in Jefferson County reported not having an eye exam in the past year.

Reported No Eye Exam in Past Year



Respondents with Diabetes

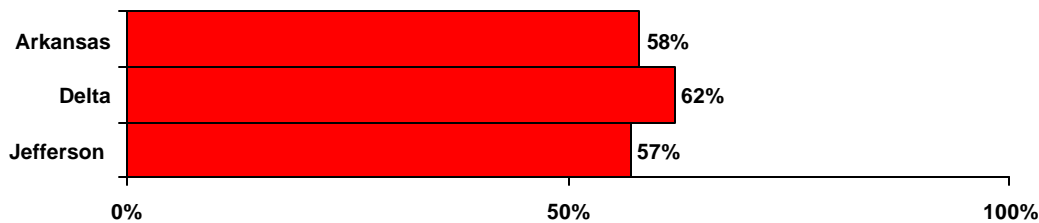
Class on Managing Disease

Question: Have you ever taken a course or class on how to manage diabetes yourself?

At Risk: Those respondents who have diabetes and have never taken a class are considered at risk.

Fifty-seven percent of respondents with diabetes in Jefferson County reported never having taken a course or class on disease management.

Reported Never Taking A Class on Disease Management



Respondents with Diabetes

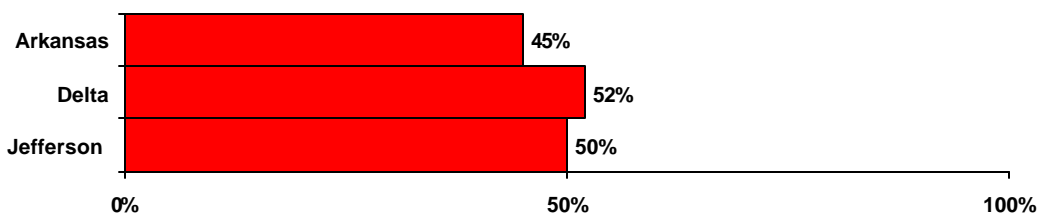
Flu Shot in Past Year

Question: During the past 12 months, have you had a flu shot?

At Risk: Those respondents who have diabetes and have not had a flu shot are considered at risk.

Fifty percent of respondents with diabetes in Jefferson County reported not having a flu shot in past year.

Reported No Flu Shot in Past Year



Respondents with Diabetes

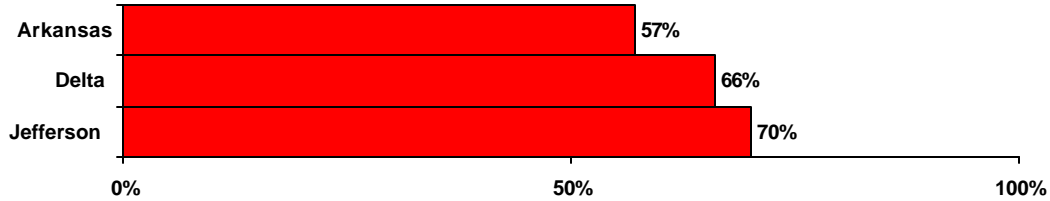
Pneumonia Shot

Question: Have you ever had a pneumonia shot?

At Risk: Those respondents who have diabetes and have not had a pneumonia shot are considered at risk.

Seventy percent of respondents with diabetes in Jefferson County reported never having a pneumonia shot.

Reported Never Having Pneumonia Shot



Blood Pressure And Cholesterol Related Health Risks

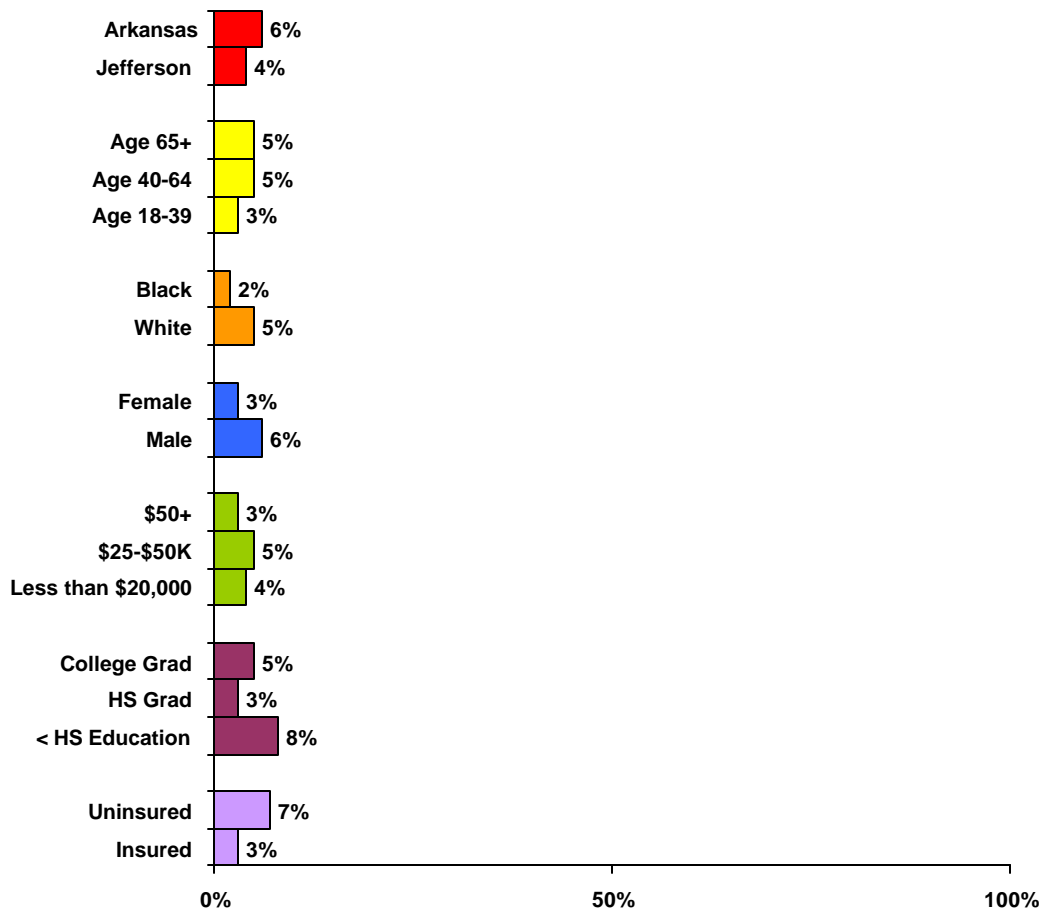
Blood Pressure Check

Question: About how long has it been since you last had your blood pressure taken by a doctor, nurse, or other health professional?

At Risk: Those who have not had a professional take their blood pressure in the last 2 years are considered at risk.

Four percent of respondents in Jefferson County reported not having their blood pressure checked in last 2 years.

No Blood Pressure Check in Last 2 Years



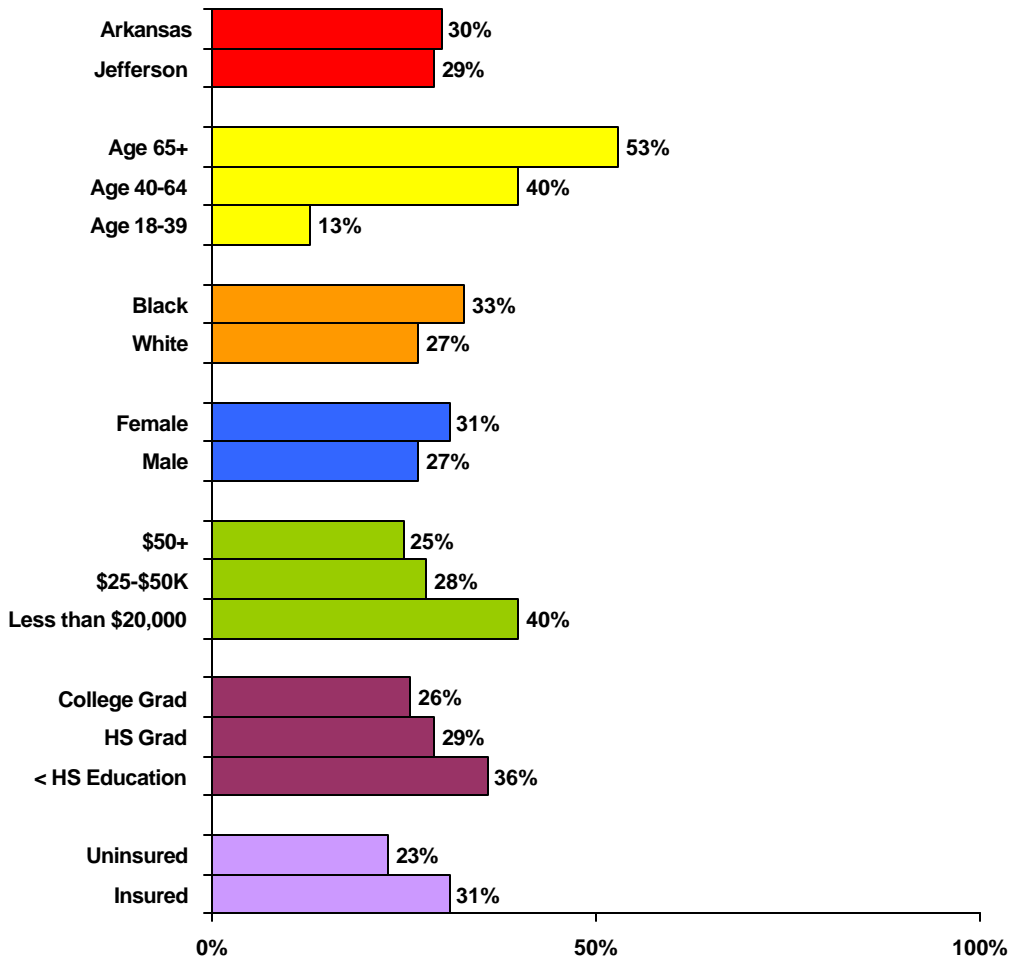
High Blood Pressure

Question: Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?

At Risk: Those who have been told they have high blood pressure are considered at risk.

Twenty-nine percent of respondents in Jefferson County reported being told they have high blood pressure by a health professional.

Told by Professional Have High Blood Pressure



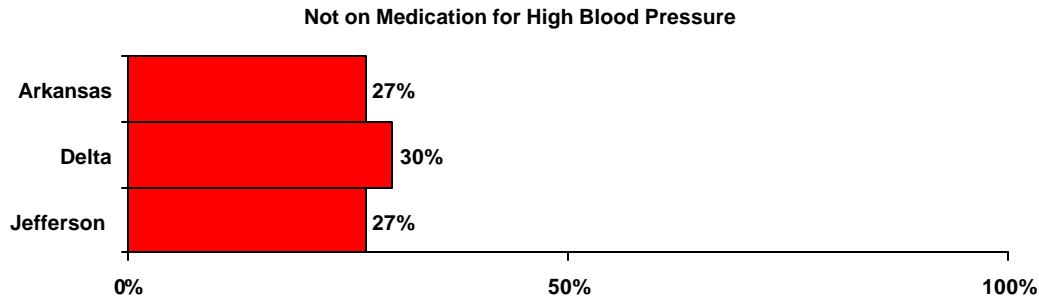
Have High Blood Pressure

Medication for High Blood Pressure

Question: Are you currently taking medication for high blood pressure?

At Risk: Those who have high blood pressure and are not taking medication are considered at risk.

Twenty-seven percent of respondents with high blood pressure in Jefferson County reported not currently taking high blood pressure medication.



Blood Cholesterol Check

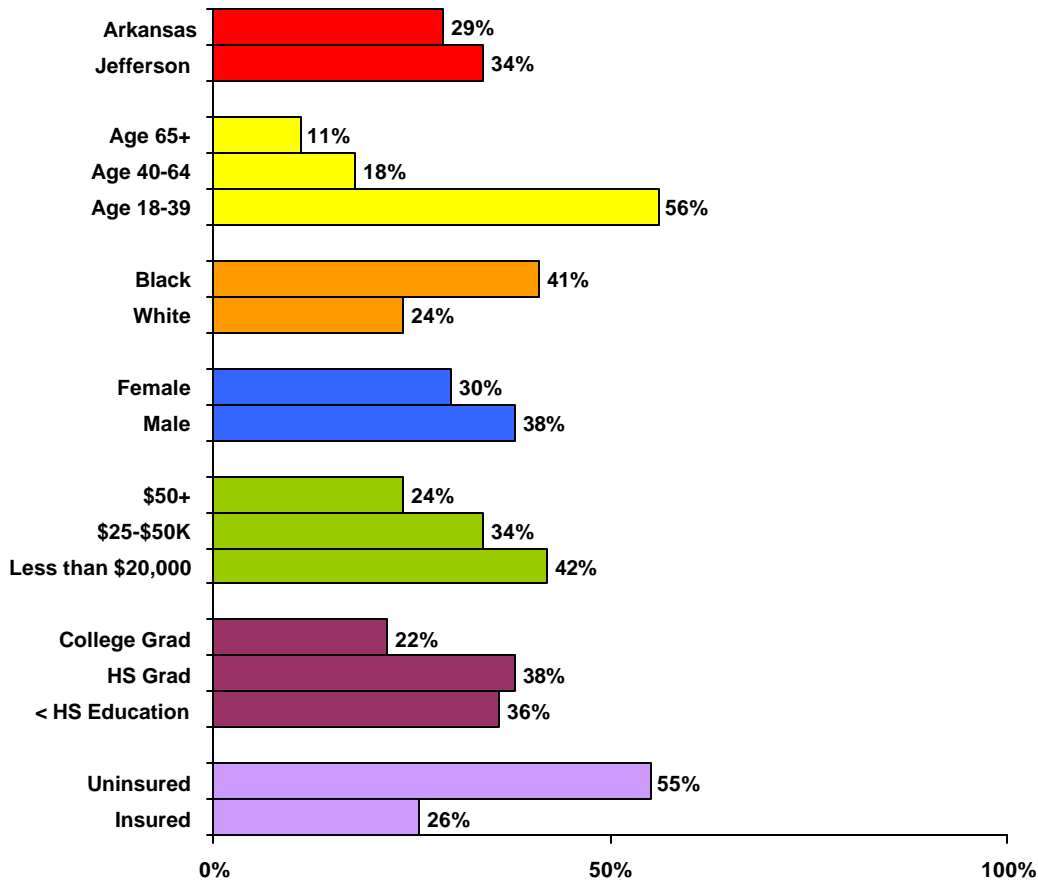
Question 1: Have you ever had your blood cholesterol checked?

Question 2: About how long has it been since you last had your blood cholesterol checked?

At Risk: Those who have never had their blood cholesterol checked or have not had it checked in the past five years are considered at risk.

Thirty-four percent of respondents in Jefferson County reported never having blood cholesterol checked or checked in the past five years.

No Cholesterol Check in Past Five Years



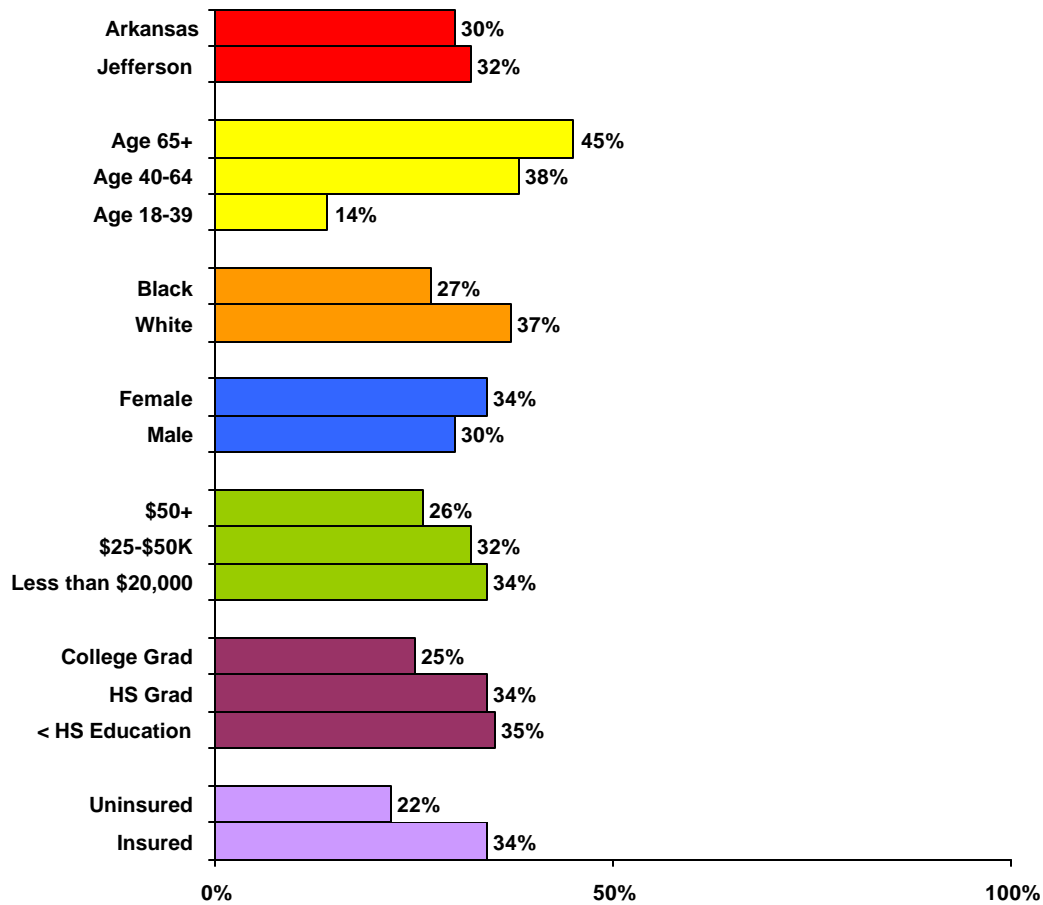
High Blood Cholesterol

Question: Have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol is high?

At Risk: Those who have been told they have high blood cholesterol are considered at risk.

Thirty-two percent of respondents in Jefferson County reported being tested and told by a health professional they have high blood cholesterol.

Told by Professional High Blood Cholesterol



Have High Blood Cholesterol

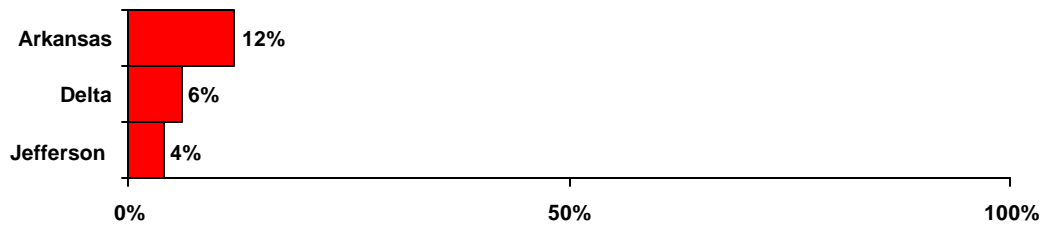
High Blood Cholesterol Check

Question: About how long has it been since you last had your blood cholesterol checked?

At Risk: Those who have high blood cholesterol and have not checked their blood cholesterol level in the past two years are considered at risk.

Four percent of respondents have high blood cholesterol in Jefferson County and haven't had their blood cholesterol checked in the past two years.

Haven't Checked High Cholesterol in Past 2 Years



Heart Attack and Stroke Related Health Risks

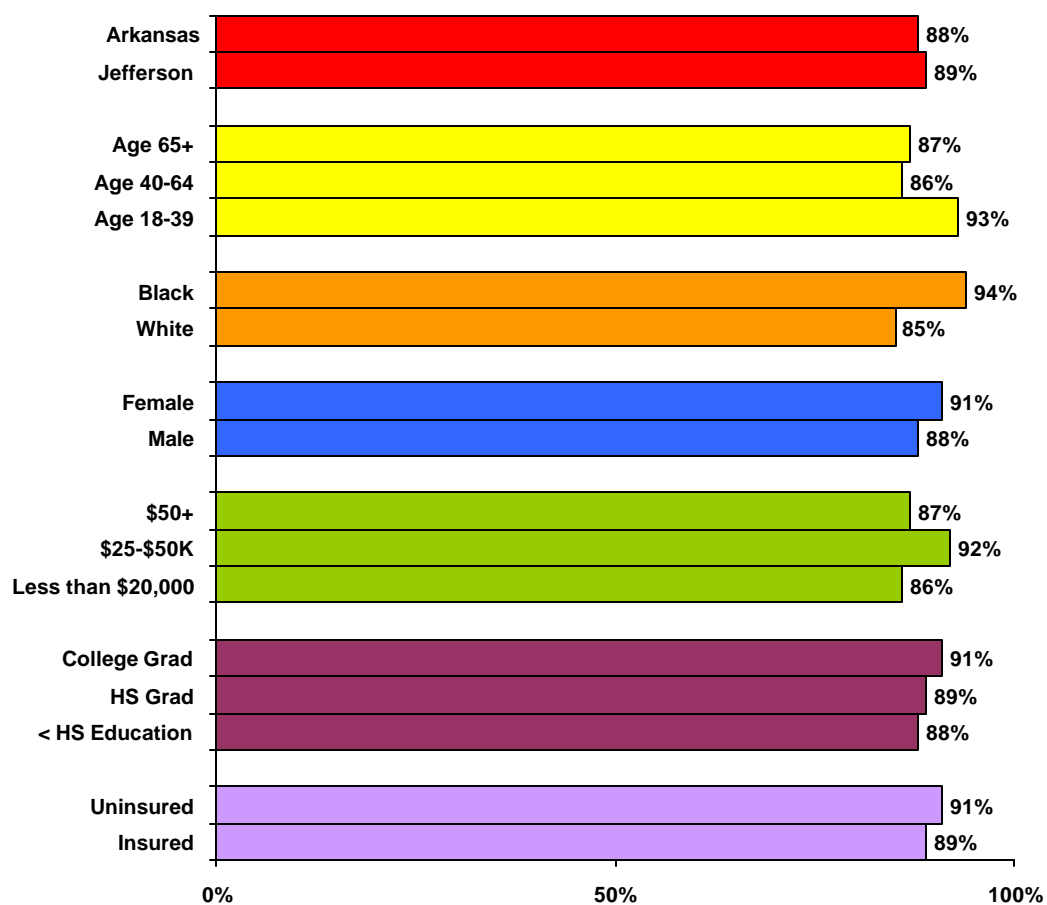
Knowledge of Heart Attack Signs and Symptoms

Question: Given symptoms, can you identify those that are real symptoms of a heart attack?

At Risk: Those who did not correctly identify all symptoms of a heart attack are considered at risk.

Eighty-nine percent of respondents in Jefferson County could not correctly identify all heart attack symptoms.

Did Not Recognize All Symptoms of Heart Attack



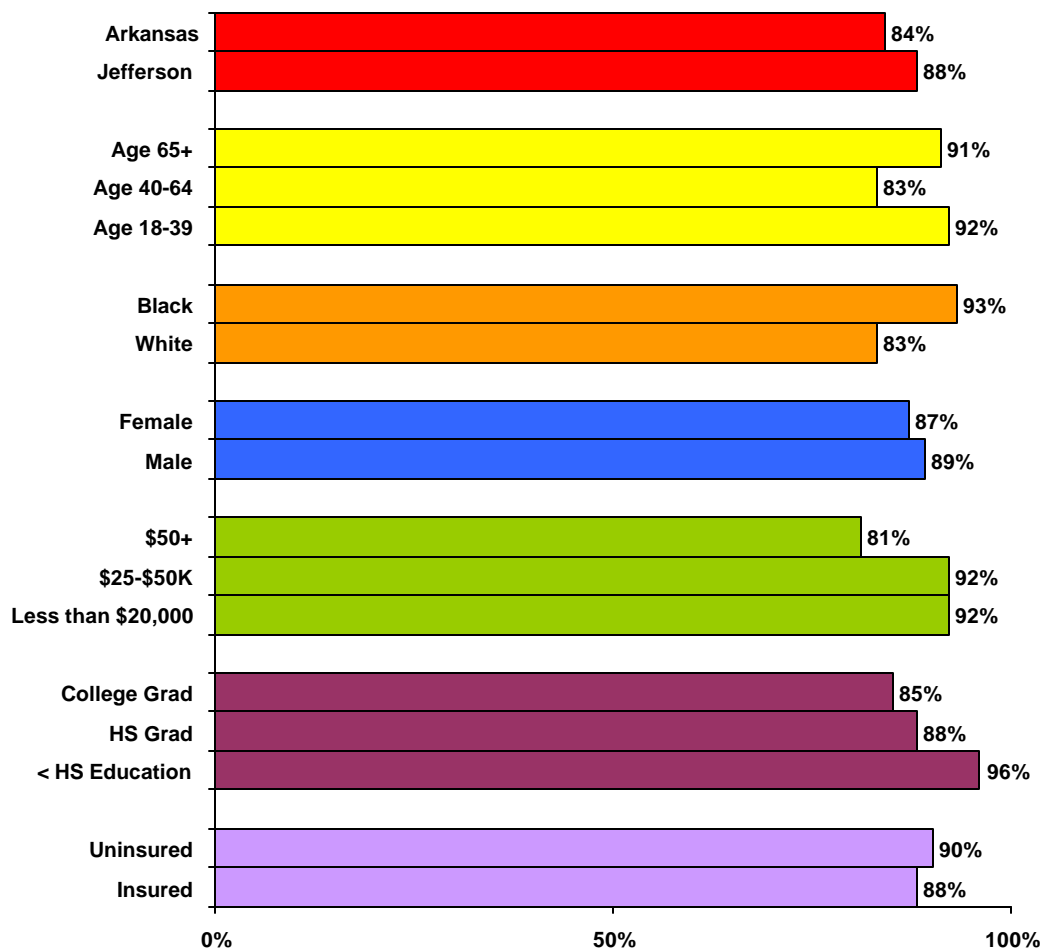
Knowledge of Stroke Signs and Symptoms

Question: Given symptoms, can you identify those that are real symptoms of a stroke?

At Risk: Those who did not correctly identify all symptoms of a stroke are considered at risk.

Eighty-eight percent of respondents in Jefferson County could not correctly identify all stroke symptoms.

Did Not Recognize All Symptoms of Stroke



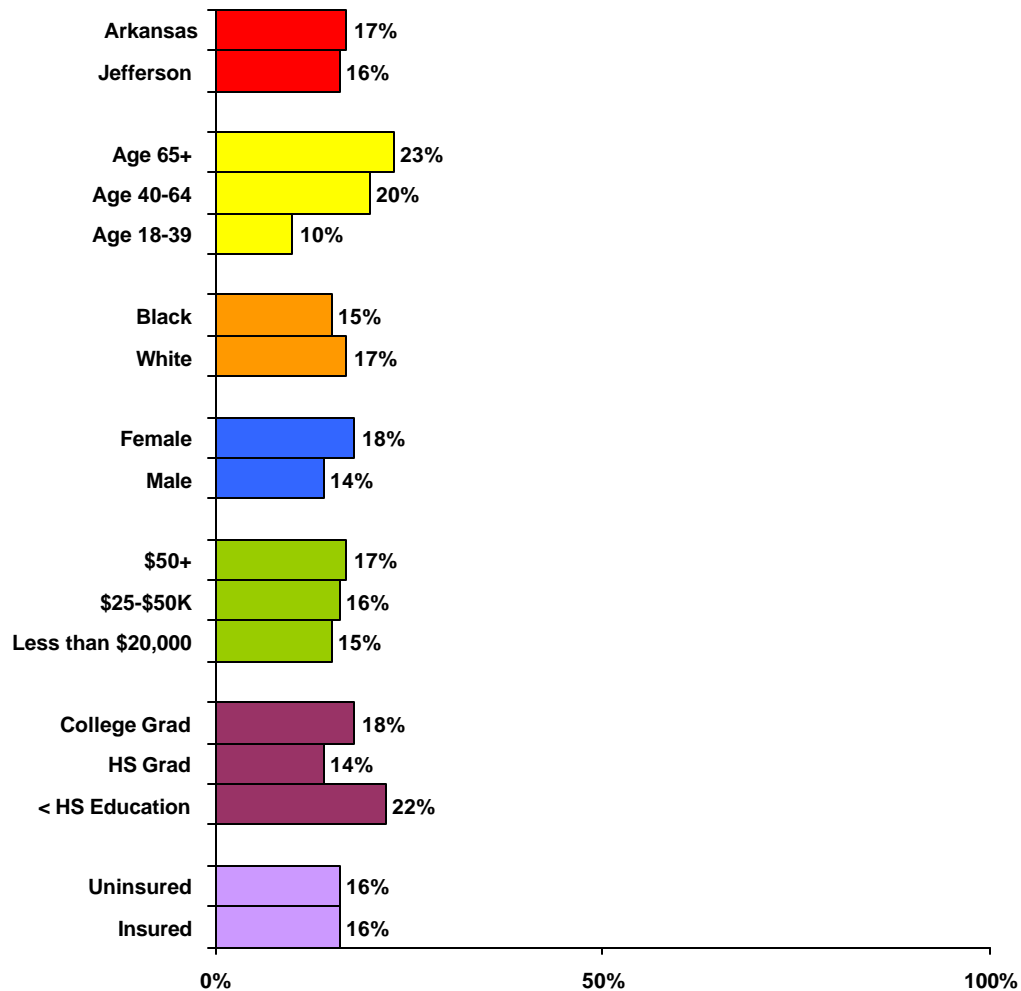
First Response to Heart Attack or Stroke Symptoms

Question: If you thought someone was having a heart attack or stroke, what is the first thing you would do?

At Risk: Those who would not call 911 first are considered at risk.

Sixteen percent of respondents in Jefferson County did not select the recommended response of calling 911.

Did Not First Call 911



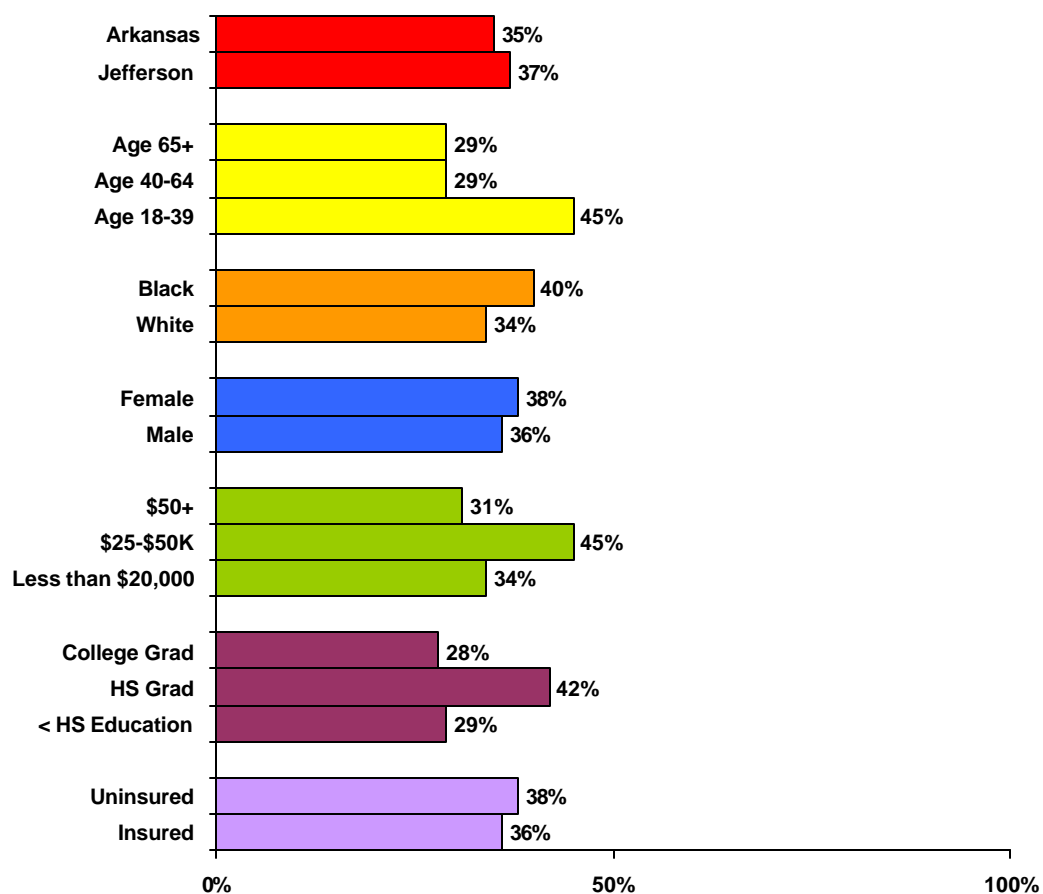
Low Fat and Cholesterol Diet To Reduce Risk

Question: To lower your risk of developing heart disease or stroke, are you eating fewer high fat or high cholesterol foods?

At Risk: Those who are not eating fewer high fat or high cholesterol foods are considered at risk.

Thirty-seven percent of respondents in Jefferson County are not eating fewer high fat or high cholesterol foods.

Not Reducing High Fat or High Cholesterol Foods



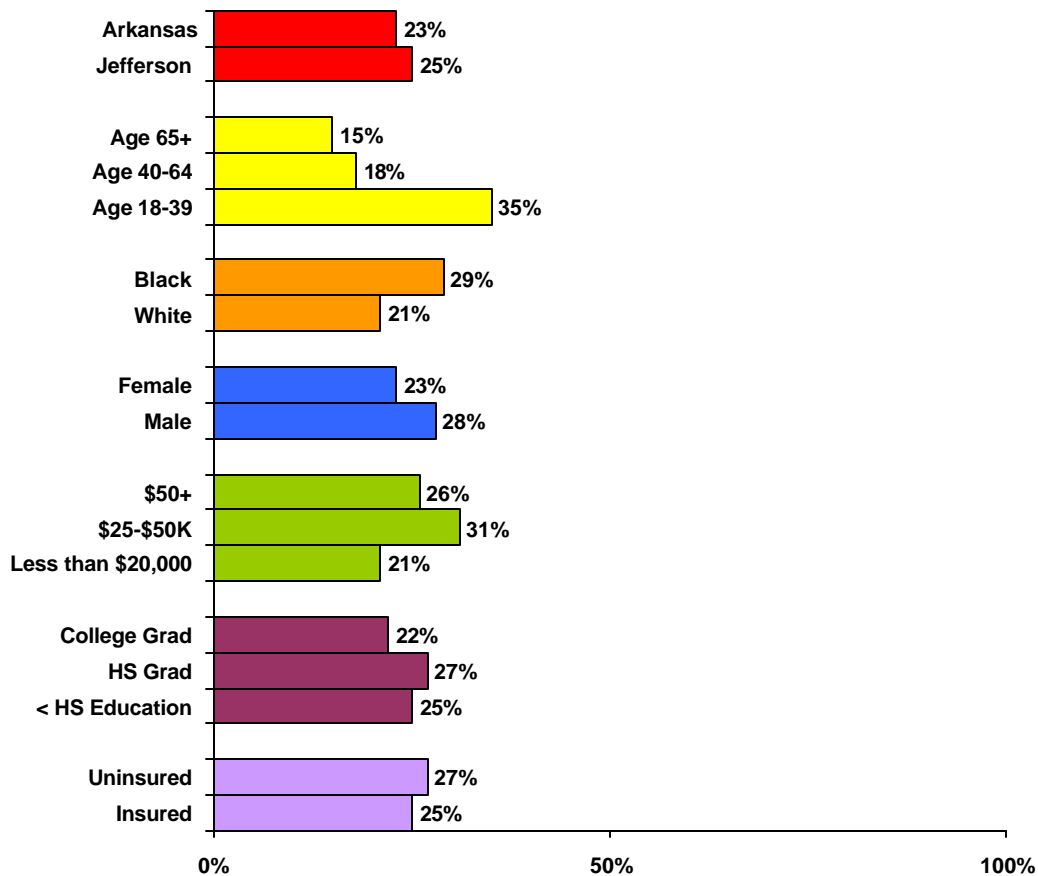
Fruits and Vegetables To Reduce Risk

Question: To lower your risk of developing heart disease or stroke, are you eating more fruits and vegetables?

At Risk: Those who are not eating more fruits and vegetables are considered at risk.

Twenty-five percent of respondents in Jefferson County are not eating more fruits and vegetables.

Not Eating More Fruits and Vegetables



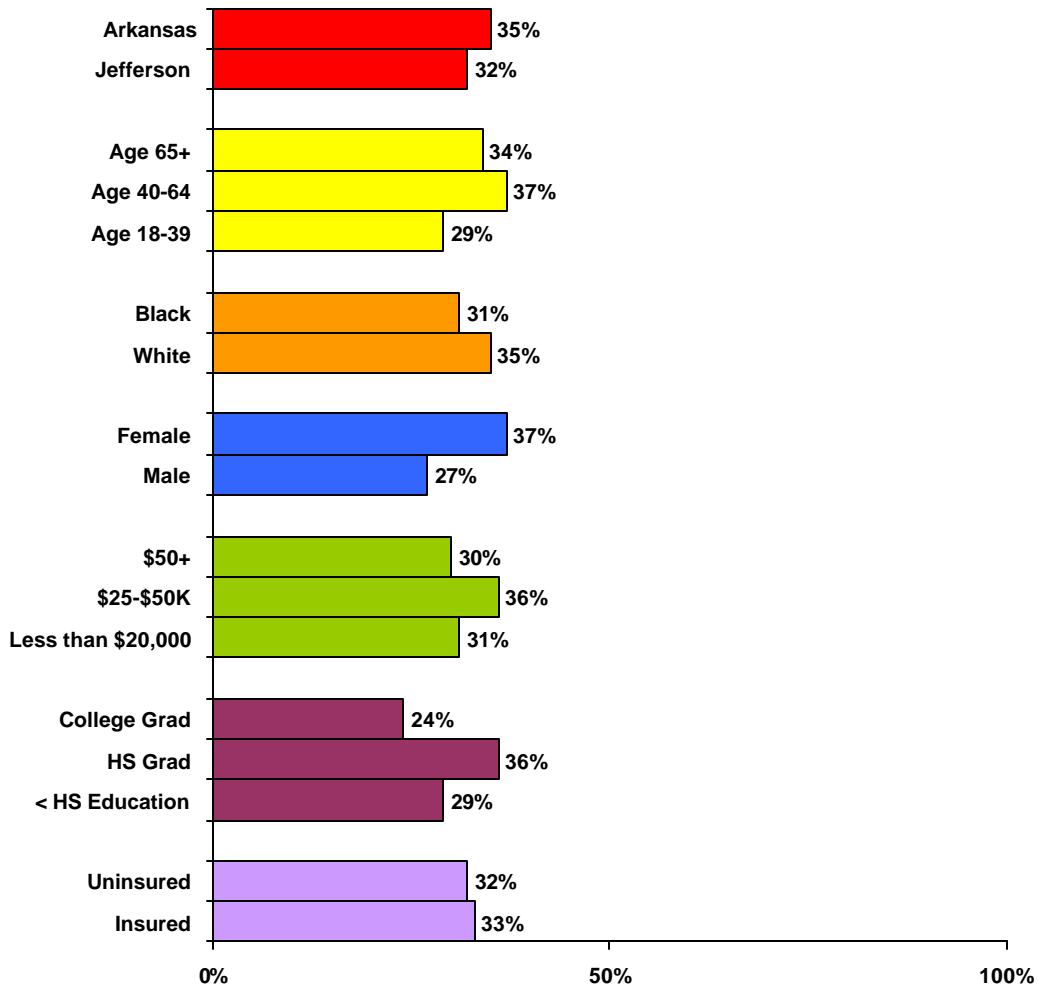
Physical Activity To Reduce Risk

Question: To lower your risk of developing heart disease or stroke, are you more physically active?

At Risk: Those who are not more physically active are considered at risk.

Thirty-two percent of respondents in Jefferson County are not more physically active.

Not More Physically Active



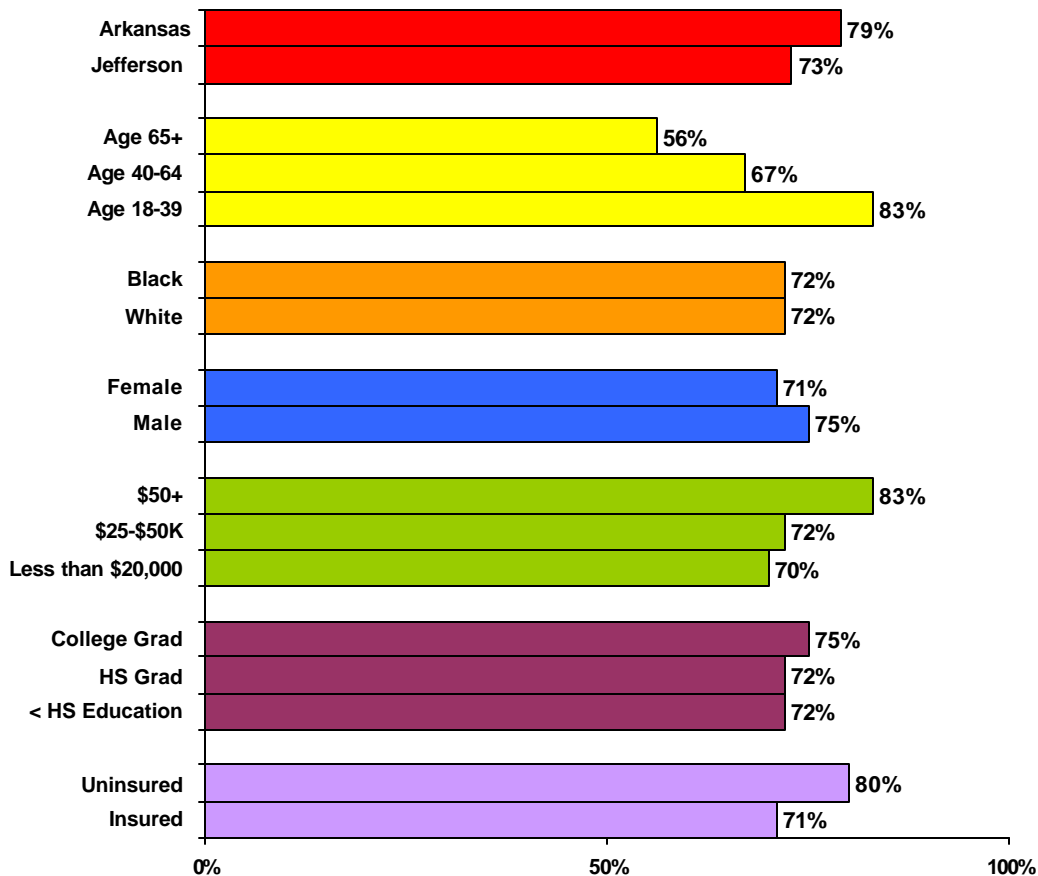
Low Fat and Cholesterol Diet Advised by Professional to Reduce Risk

Question: Within the past 12 months, has a doctor, nurse, or other health professional told you to eat fewer high fat or high cholesterol foods?

At Risk: Those who were not advised by a health professional to eat fewer high fat or high cholesterol foods are considered at risk.

Seventythree percent of respondents in Jefferson County were not advised to reduce fat and cholesterol intake.

Professional Did Not Advise to Reduce High Fat or High Cholesterol Foods



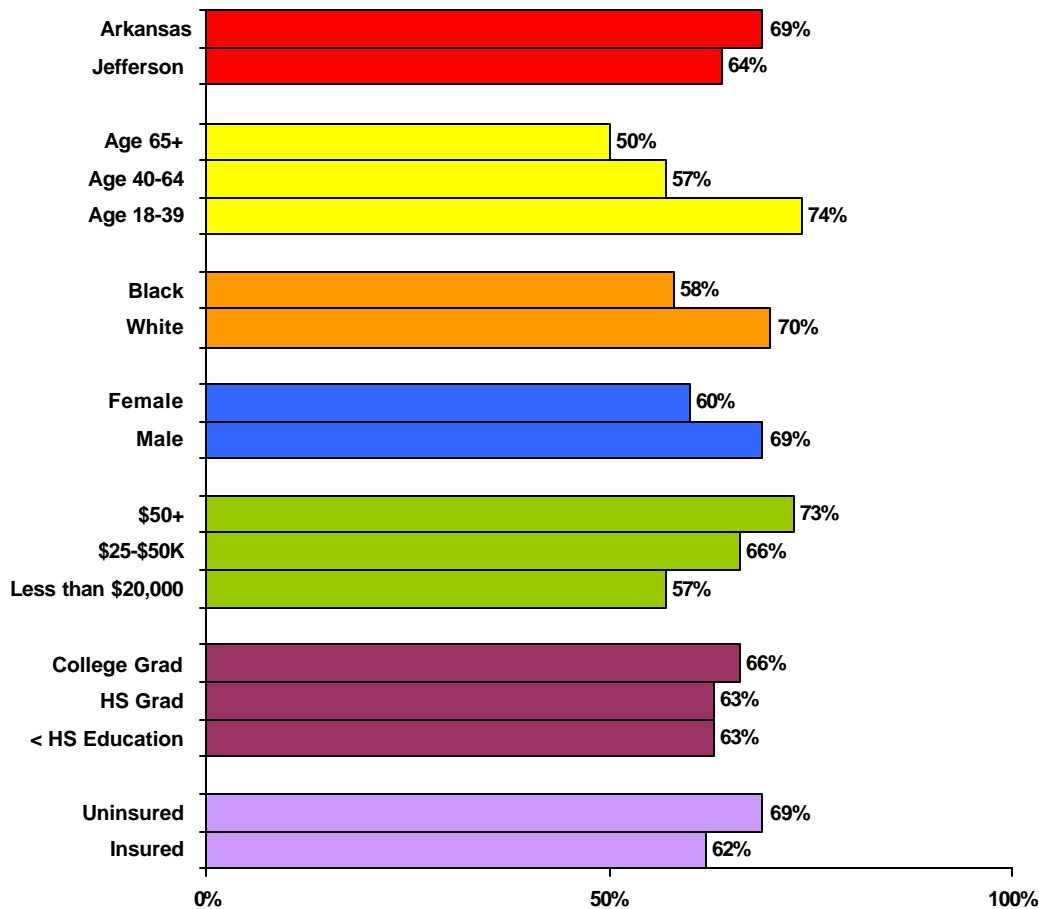
Fruits and Vegetables Advised by Professional to Reduce Risk

Question: Within the past 12 months, has a doctor, nurse, or other health professional told you to eat more fruits and vegetables?

At Risk: Those who were not advised by a health professional to eat more fruits and vegetables are considered at risk.

Sixty-four percent of respondents in Jefferson County were not advised to eat more fruits and vegetables.

Professional Did Not Advise to Eat More Fruits and Vegetables



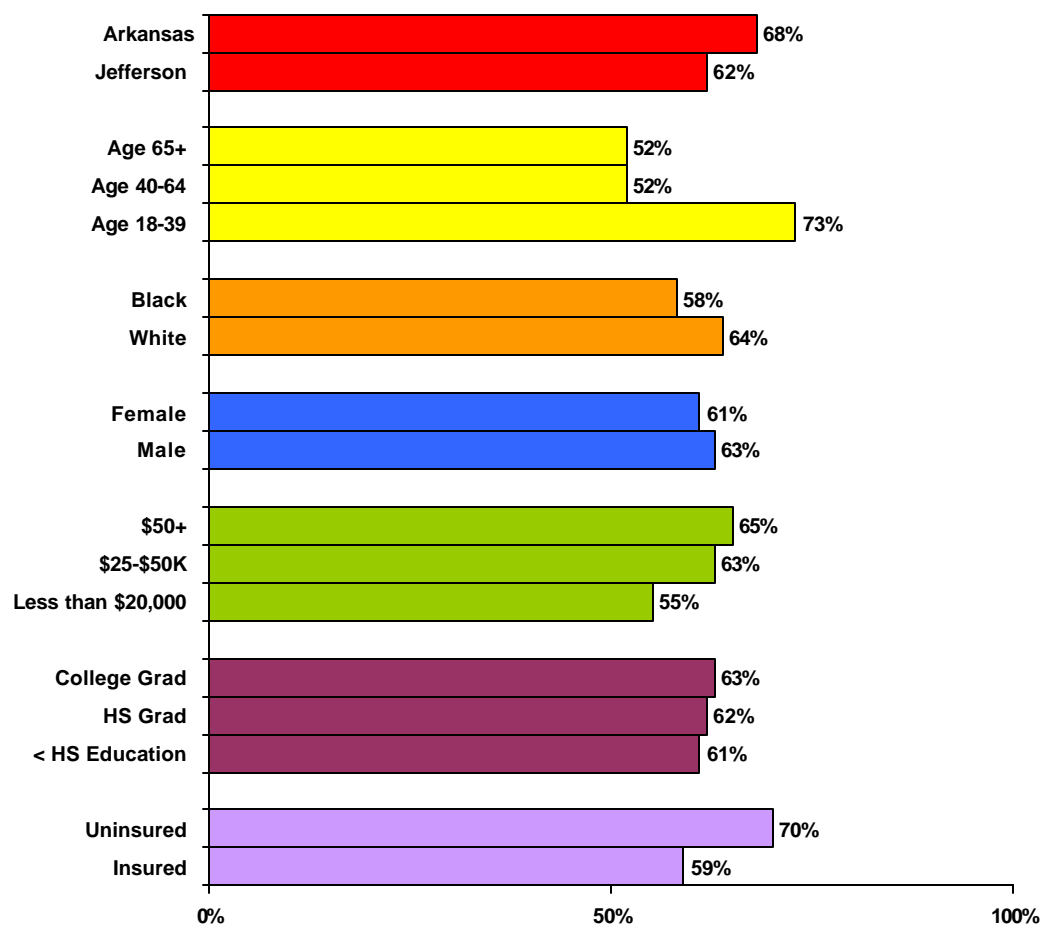
Physical Activity Advised by Professional to Reduce Risk

Question: Within the past 12 months, has a doctor, nurse, or other health professional told you to be more physically active?

At Risk: Those who were not advised by a health professional to be more physically active are considered at risk.

Sixty-two percent of respondents in Jefferson County were not advised to be more physically active.

Professional Did Not Advise to Be More Physically Active



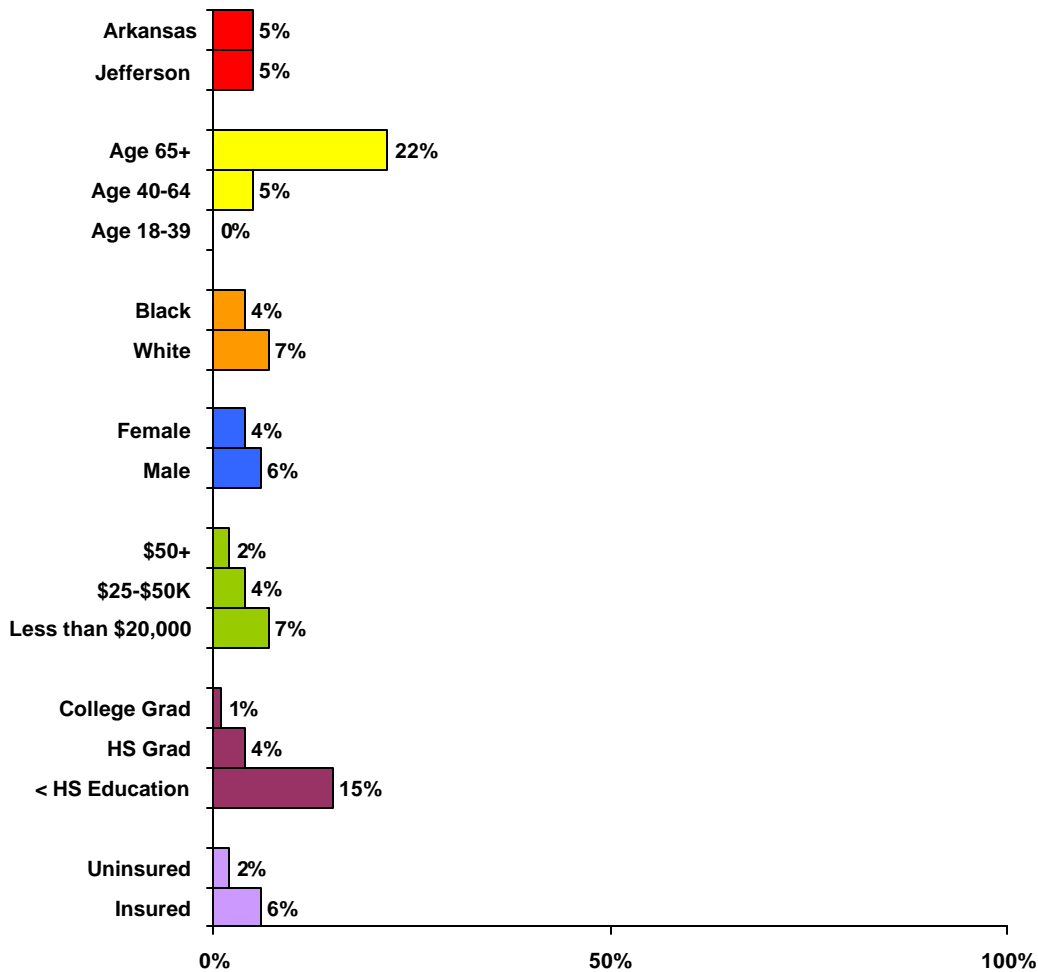
Heart Attack

Question: Has a doctor, nurse, or other health professional ever told you that you had a heart attack?

At Risk: Those who have had a heart attack are considered at risk.

Five percent of respondents in Jefferson County reported being told by a health professional they had a heart attack.

Told by Professional Had Heart Attack



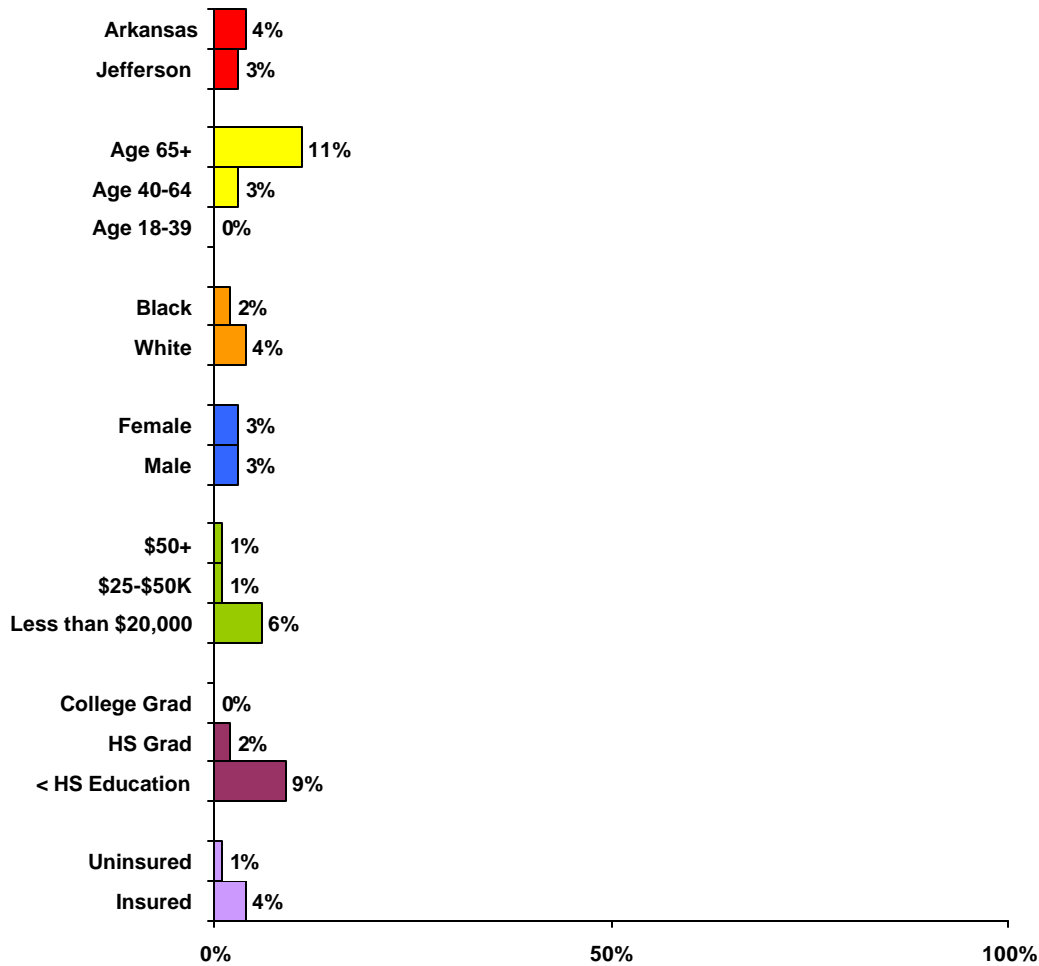
Stroke

Question: Has a doctor, nurse, or other health professional ever told you that you had a stroke?

At Risk: Those who have had a stroke are considered at risk.

Three percent of respondents in Jefferson County reported being told by a health professional they had a stroke.

Told by Professional Had Stroke



Comparisons Across Arkansas, the Delta, and Counties

Comparisons for Arkansas, the Delta and Counties

The following table can be used to examine each risk across Delta counties and Arkansas. For example, 20% Arkansans report general health risk (fair or poor health) 28% of the residents of Chicot and Desha counties report this health risk. The risk factors in each row of this table are defined in the corresponding pages in this report.

Risk Factor Questions	Chicot & Desha	Crittenden	Jefferson	Lee	Phillips	St. Francis	Delta	Arkansas
General Health	28%	20%	18%	24%	26%	23%	21%	20%
Health Insurance	26%	29%	25%	34%	29%	28%	28%	16%
Health Care Provider	27%	34%	26%	37%	20%	23%	28%	23%
Routine Checkup	8%	9%	9%	12%	11%	11%	9%	17%
Physical Activity	33%	33%	31%	37%	33%	33%	32%	32%
Overweight or Obese	70%	67%	69%	66%	65%	71%	68%	60%
Advised to Lose Wgt	75%	75%	71%	78%	74%	69%	73%	83%
Eating 5 Fruits&Veg	76%	72%	80%	78%	78%	77%	77%	78%
Binge Drinking	15%	13%	14%	13%	15%	10%	14%	11%
Cigarette Smoking	22%	29%	25%	26%	30%	29%	27%	26%
Advised to Quit Smoke	52%	51%	48%	48%	63%	44%	51%	31%
Pneumonia Shot (>65)	55%	58%	59%	70%	56%	53%	58%	42%
Flu Shot (>65)	44%	46%	40%	46%	45%	31%	42%	37%
Flu Shot in Past Year	65%	72%	67%	74%	71%	67%	69%	67%
Reported Diabetes	11%	9%	10%	8%	10%	12%	10%	8%
Diabetic Health Prof.	7%	6%	9%	5%	13%	11%	9%	9%
Blood Sugar Check	26%	18%	27%	15%	13%	21%	22%	11%
Personal Feet Check	14%	8%	17%	25%	16%	15%	15%	13%
Prof. Feet Check	26%	24%	25%	53%	51%	39%	33%	44%
Check Hemoglobin	45%	43%	33%	58%	55%	38%	41%	42%
Eye Exam in Past Yr.	27%	27%	28%	27%	35%	20%	28%	35%

Comparisons for Arkansas, the Delta and Counties (continued)

<u>Risk Factor Questions</u>	<u>Chicot & Desha</u>	<u>Crittenden</u>	<u>Jefferson</u>	<u>Lee</u>	<u>Phillips</u>	<u>St. Francis</u>	<u>Delta</u>	<u>Arkansas</u>
Class on Disease	68%	60%	57%	71%	57%	68%	62%	58%
Flu Shot in Past Year	51%	39%	50%	64%	53%	55%	52%	45%
Diabetic Pneumonia Shot	61%	69%	70%	80%	58%	65%	66%	57%
Blood Pressure Ck	2%	4%	4%	4%	5%	3%	4%	6%
High Blood Pressure	38%	30%	29%	36%	34%	29%	30%	30%
Meds for High Pres.	29%	34%	27%	42%	24%	27%	30%	27%
Cholesterol Check	33%	37%	34%	43%	47%	37%	38%	29%
High Blood Cholesterol	35%	27%	32%	26%	27%	28%	29%	30%
Ck High Blood Cholesterol	4%	5%	4%	7%	6%	10%	6%	12%
Heart Attack. Symptom s	92%	90%	89%	92%	93%	90%	91%	88%
Stroke Symptoms	88%	87%	88%	91%	89%	90%	88%	84%
Know to Call 911	23%	12%	16%	22%	24%	19%	18%	17%
Low Fat and Cholesterol	37%	35%	37%	46%	39%	37%	37%	35%
Eat More Fruit&Veg	21%	19%	25%	27%	21%	22%	23%	23%
Physical Activity	30%	27%	32%	26%	26%	26%	29%	35%
Advised to Reduce Fat	71%	78%	73%	75%	77%	76%	75%	79%
Advised to Eat Fruits&Veg.	60%	65%	64%	66%	66%	67%	64%	69%
Advised Phys. Activity	62%	65%	62%	66%	64%	64%	64%	68%
Had A Heart Attack	5%	3%	5%	6%	6%	5%	4%	5%
Had a Stroke	5%	3%	3%	4%	4%	3%	3%	4%

Question and Terminology Clarification

A **routine checkup** is a general physical exam, not an exam for a specific injury, illness, or condition.

Current smokers are defined as respondents who reported smoking at least 100 cigarettes in their life and currently smoke some days or everyday.

An **HMO** is a Health Maintenance Organization.

Blood glucose and feet **check** by the **respondent** includes times when checked by a family member or friend, but do not include times when checked by a health professional.

A test for **hemoglobin A1C** measures the average level of blood sugar over the past three months.

An eye exam with **pupil dilation** would have made the respondent's temporarily sensitive to bright light.

The **symptoms of a heart attack** included five symptoms and one decoy item that is not usually associated with a heart attack. The heart attack symptoms are pain or discomfort in the jaw, neck, or back; feeling weak, lightheaded, or faint; chest pain or discomfort; pain or discomfort in the arms or shoulder; and shortness of breath. The decoy item is sudden trouble seeing in one or both eyes.

The **symptoms of a stroke** included five symptoms and one decoy item that is not usually associated with a stroke. The stroke symptoms are sudden confusion or trouble speaking; sudden numbness or weakness of face, arm, or leg, especially on one side; sudden trouble seeing in one or both eyes; sudden trouble walking, dizziness, or loss of balance; and a severe headache with no known cause. The decoy item is sudden chest pain or discomfort.

Blood cholesterol is a fatty substance found in the blood.

A **drink of alcohol** is 1 can or bottle of beer, 1 glass of wine, 1 can or bottle of wine cooler, 1 cocktail, or 1 shot of liquor.

Respondents were asked details about the **fruits and vegetables** they eat. These included the frequency that they: drink fruit juices such as orange, grapefruit, or tomato; eat fruit, not counting juice; eat green salad; potatoes, not including french fries, fried potatoes, or potato chips; eat carrots; and how many serving of vegetables at both lunch and dinner do you usually eat?